



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Senz, Stefan**

Club: LSV Lok Arnstadt

Number: 801

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 40:01

Speed: 14.99 km/h

Running performance: 3:49 min/km

Rank in course/Total: 4 (of 135)

Rank in course/Men: 4 (of 109)

Best time in course: 39:14

Rank in category: 1(of 15)

Best time in the category: 40:01