



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Meister, Frank**

Club: Lauffreunde Gotha

Number: 903

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 42:48

Speed: 14.02 km/h

Running performance: 4:05 min/km

Rank in course/Total: 10 (of 135)

Rank in course/Men: 10 (of 109)

Best time in course: 39:14

Rank in category: 2(of 18)

Best time in the category: 39:41