



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Kuhne, Sebastian

Club: Laufftreff Arnstadt

Number: 937

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 42:30

Speed: 14.12 km/h

Running performance: 4:03 min/km

Rank in course/Total: 9 (of 135)

Rank in course/Men: 9 (of 109)

Best time in course: 39:14

Rank in category: 1(of 8)

Best time in the category: 42:30