



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Schrickel, Andre

Club: WSV Ilmenau

Number: 898

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 43:15

Speed: 13.87 km/h

Running performance: 4:07 min/km

Rank in course/Total: 13 (of 135)

Rank in course/Men: 12 (of 109)

Best time in course: 39:14

Rank in category: 4(of 18)

Best time in the category: 39:41