



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Zacher, Tino

Club: Ohrdruffer LV

Number: 929

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 43:30

Speed: 13.79 km/h

Running performance: 4:08 min/km

Rank in course/Total: 14 (of 135)

Rank in course/Men: 13 (of 109)

Best time in course: 39:14

Rank in category: 2(of 8)

Best time in the category: 42:30