



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 832

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 43:59

Speed: 13.64 km/h

Running performance: 4:11 min/km

Rank in course/Total: 15 (of 135)

Rank in course/Men: 14 (of 109)

Best time in course: 39:14

Rank in category: 5(of 18)

Best time in the category: 39:41