



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Hofmann, Mario

Club: TSV 1880 Elgersburg

Number: 859

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 44:10

Speed: 13.58 km/h

Running performance: 4:13 min/km

Rank in course/Total: 16 (of 135)

Rank in course/Men: 15 (of 109)

Best time in course: 39:14

Rank in category: 2(of 14)

Best time in the category: 39:14