



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Leuthäuser, Ralf

Club: Renndteiglaufverein/LG Süd

Number: 860

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M35

Total time: 44:16

Speed: 13.55 km/h

Running performance: 4:13 min/km

Rank in course/Total: 17 (of 135)

Rank in course/Men: 16 (of 109)

Best time in course: 39:14

Rank in category: 4(of 10)

Best time in the category: 39:49