



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Kummer, Dennis**

Club: Schmeheim & Freunde

Number: 940

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 44:20

Speed: 13.53 km/h

Running performance: 4:13 min/km

Rank in course/Total: 18 (of 135)

Rank in course/Men: 17 (of 109)

Best time in course: 39:14

Rank in category: 3(of 8)

Best time in the category: 42:30