



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Stärker, Stefan

Club: LG Frauenwald

Number: 825

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 44:29

Speed: 13.49 km/h

Running performance: 4:14 min/km

Rank in course/Total: 19 (of 135)

Rank in course/Men: 18 (of 109)

Best time in course: 39:14

Rank in category: 4(of 15)

Best time in the category: 40:01