



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Münch, Andreas

Club: TSV Berstedt

Number: 911

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 45:31

Speed: 13.18 km/h

Running performance: 4:20 min/km

Rank in course/Total: 20 (of 135)

Rank in course/Men: 19 (of 109)

Best time in course: 39:14

Rank in category: 1(of 8)

Best time in the category: 45:31