



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Winkler, Heinz-Jörg

Club: Nofretete e.V.

Number: 861

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 46:09

Speed: 13.00 km/h

Running performance: 4:24 min/km

Rank in course/Total: 22 (of 135)

Rank in course/Men: 21 (of 109)

Best time in course: 39:14

Rank in category: 2(of 8)

Best time in the category: 45:31