



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Szoltysik, Grzegorz**

Club: Sosnicowice

Number: 843

Course: 10.50 km

10, 5 km-Lauf

Category:

männliche Jugend A

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:25 min/km

Rank in course/Total: 24 (of 135)

Rank in course/Men: 23 (of 109)

Best time in course: 39:14

Rank in category: 1(of 3)

Best time in the category: 46:23