



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen

Number: 888

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M35

Total time: 46:27

Speed: 12.92 km/h

Running performance: 4:25 min/km

Rank in course/Total: 25 (of 135)

Rank in course/Men: 24 (of 109)

Best time in course: 39:14

Rank in category: 5(of 10)

Best time in the category: 39:49