



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Herold, Fredi**

Club: Saalfelder LV

Number: 884

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 46:38

Speed: 12.87 km/h

Running performance: 4:26 min/km

Rank in course/Total: 27 (of 135)

Rank in course/Men: 26 (of 109)

Best time in course: 39:14

Rank in category: 3(of 14)

Best time in the category: 39:14