



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 844

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 47:08

Speed: 12.73 km/h

Running performance: 4:29 min/km

Rank in course/Total: 30 (of 135)

Rank in course/Men: 29 (of 109)

Best time in course: 39:14

Rank in category: 5(of 14)

Best time in the category: 39:14