



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau

Number: 856

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:32 min/km

Rank in course/Total: 33 (of 135)

Rank in course/Men: 32 (of 109)

Best time in course: 39:14

Rank in category: 7(of 18)

Best time in the category: 39:41