



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 869

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 47:39

Speed: 12.59 km/h

Running performance: 4:32 min/km

Rank in course/Total: 34 (of 135)

Rank in course/Men: 33 (of 109)

Best time in course: 39:14

Rank in category: 8(of 18)

Best time in the category: 39:41