



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Rüdiger, David

Club: LSV Lok Arnstadt

Number: 807

Course: 10.50 km

10, 5 km-Lauf

Category:

männliche Jugend A

Total time: 47:43

Speed: 12.57 km/h

Running performance: 4:32 min/km

Rank in course/Total: 35 (of 135)

Rank in course/Men: 34 (of 109)

Best time in course: 39:14

Rank in category: 2(of 3)

Best time in the category: 46:23