



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Brömel, Jörg**

Club: WSV Schmiedefeld a. Rstg.

Number: 846

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 47:52

Speed: 12.53 km/h

Running performance: 4:34 min/km

Rank in course/Total: 36 (of 135)

Rank in course/Men: 35 (of 109)

Best time in course: 39:14

Rank in category: 9(of 18)

Best time in the category: 39:41