



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Schönlebe, Reiner

Club: LV Schwarzatal

Number: 879

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 47:54

Speed: 12.53 km/h

Running performance: 4:34 min/km

Rank in course/Total: 37 (of 135)

Rank in course/Men: 36 (of 109)

Best time in course: 39:14

Rank in category: 2(of 9)

Best time in the category: 46:19