



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Hempel, Ernst

Club: Saalfelder LV

Number: 894

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 48:07

Speed: 12.47 km/h

Running performance: 4:35 min/km

Rank in course/Total: 38 (of 135)

Rank in course/Men: 37 (of 109)

Best time in course: 39:14

Rank in category: 3(of 9)

Best time in the category: 46:19