



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Helmich, Robert**

Club: SRL Arnstadt Sportclub e.V.

Number: 943

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:35 min/km

Rank in course/Total: 39 (of 135)

Rank in course/Men: 38 (of 109)

Best time in course: 39:14

Rank in category: 7(of 15)

Best time in the category: 40:01