



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Kretzschmar, Manfred

Club: Ichtshausen

Number: 913

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 48:16

Speed: 12.43 km/h

Running performance: 4:36 min/km

Rank in course/Total: 40 (of 135)

Rank in course/Men: 39 (of 109)

Best time in course: 39:14

Rank in category: 1(of 6)

Best time in the category: 48:16