



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Köhler, Jens

Club: Lok Arnstadt

Number: 802

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 48:18

Speed: 12.42 km/h

Running performance: 4:36 min/km

Rank in course/Total: 41 (of 135)

Rank in course/Men: 40 (of 109)

Best time in course: 39:14

Rank in category: 7(of 14)

Best time in the category: 39:14