



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Thomas, Frank

Club: SV Cursdorf-Meuselbach

Number: 838

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 48:21

Speed: 12.41 km/h

Running performance: 4:36 min/km

Rank in course/Total: 42 (of 135)

Rank in course/Men: 41 (of 109)

Best time in course: 39:14

Rank in category: 10(of 18)

Best time in the category: 39:41