



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt

Number: 936

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 49:04

Speed: 12.23 km/h

Running performance: 4:40 min/km

Rank in course/Total: 46 (of 135)

Rank in course/Men: 44 (of 109)

Best time in course: 39:14

Rank in category: 4(of 8)

Best time in the category: 42:30