



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Beck, Andreas**

Club: LSV Lok Arnstadt

Number: 804

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 49:24

Speed: 12.15 km/h

Running performance: 4:42 min/km

Rank in course/Total: 47 (of 135)

Rank in course/Men: 45 (of 109)

Best time in course: 39:14

Rank in category: 4(of 8)

Best time in the category: 45:31