



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Erdmann, Hartmut

Club: LTV Obereichsfeld

Number: 871

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M65

Total time: 49:50

Speed: 12.04 km/h

Running performance: 4:45 min/km

Rank in course/Total: 48 (of 135)

Rank in course/Men: 46 (of 109)

Best time in course: 39:14

Rank in category: 1(of 8)

Best time in the category: 49:50