



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

**Seever, Thorsten**

Club: Motor Arnstadt

Number: 935

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M35

Total time: 49:59

Speed: 12.00 km/h

Running performance: 4:46 min/km

Rank in course/Total: 49 (of 135)

Rank in course/Men: 47 (of 109)

Best time in course: 39:14

Rank in category: 6(of 10)

Best time in the category: 39:49