



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 803

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M45

Total time: 50:13

Speed: 11.95 km/h

Running performance: 4:47 min/km

Rank in course/Total: 51 (of 135)

Rank in course/Men: 49 (of 109)

Best time in course: 39:14

Rank in category: 12(of 18)

Best time in the category: 39:41