



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Lipfert, Günter

Club: Ort

Number: 891

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 50:44

Speed: 11.83 km/h

Running performance: 4:50 min/km

Rank in course/Total: 54 (of 135)

Rank in course/Men: 52 (of 109)

Best time in course: 39:14

Rank in category: 8(of 15)

Best time in the category: 40:01