



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Sommer, Martin

Club: Erfurt

Number: 831

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 51:01

Speed: 11.76 km/h

Running performance: 4:52 min/km

Rank in course/Total: 55 (of 135)

Rank in course/Men: 53 (of 109)

Best time in course: 39:14

Rank in category: 9(of 15)

Best time in the category: 40:01