



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Schulz, Hartmut

Club: Dream Team Ilmenau

Number: 876

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 51:15

Speed: 11.71 km/h

Running performance: 4:53 min/km

Rank in course/Total: 58 (of 135)

Rank in course/Men: 55 (of 109)

Best time in course: 39:14

Rank in category: 5(of 9)

Best time in the category: 46:19