



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Höpfner, Thomas

Club: RSV Ilmenau

Number: 824

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M50

Total time: 51:25

Speed: 11.67 km/h

Running performance: 4:54 min/km

Rank in course/Total: 59 (of 135)

Rank in course/Men: 56 (of 109)

Best time in course: 39:14

Rank in category: 5(of 8)

Best time in the category: 45:31