



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Hiller, Manfred

Club: Suhl

Number: 867

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 51:50

Speed: 11.58 km/h

Running performance: 4:56 min/km

Rank in course/Total: 60 (of 135)

Rank in course/Men: 57 (of 109)

Best time in course: 39:14

Rank in category: 2(of 6)

Best time in the category: 48:16