



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Koch, Lukas

Club: Wernshausen

Number: 905

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 52:28

Speed: 11.44 km/h

Running performance: 5:00 min/km

Rank in course/Total: 63 (of 135)

Rank in course/Men: 59 (of 109)

Best time in course: 39:14

Rank in category: 10(of 15)

Best time in the category: 40:01