



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Brinkmann, Lars

Club: Meiningen

Number: 904

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M30

Total time: 52:49

Speed: 11.36 km/h

Running performance: 5:02 min/km

Rank in course/Total: 67 (of 135)

Rank in course/Men: 63 (of 109)

Best time in course: 39:14

Rank in category: 6(of 8)

Best time in the category: 42:30