



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Gloth-Pfaff, Andreas

Club: Saalfelder LV

Number: 862

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 53:02

Speed: 11.31 km/h

Running performance: 5:03 min/km

Rank in course/Total: 69 (of 135)

Rank in course/Men: 65 (of 109)

Best time in course: 39:14

Rank in category: 10(of 14)

Best time in the category: 39:14