



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 823

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 53:06

Speed: 11.30 km/h

Running performance: 5:04 min/km

Rank in course/Total: 70 (of 135)

Rank in course/Men: 66 (of 109)

Best time in course: 39:14

Rank in category: 7(of 9)

Best time in the category: 46:19