



## 4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

### Detailed evaluation

Helk, Andreas

Club: MONI

Number: 944

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M40

Total time: 53:53

Speed: 11.14 km/h

Running performance: 5:08 min/km

Rank in course/Total: 72 (of 135)

Rank in course/Men: 68 (of 109)

Best time in course: 39:14

Rank in category: 11(of 14)

Best time in the category: 39:14