



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Weinberger, Rolf

Club: Goldlauter

Number: 920

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M55

Total time: 54:08

Speed: 11.08 km/h

Running performance: 5:10 min/km

Rank in course/Total: 76 (of 135)

Rank in course/Men: 69 (of 109)

Best time in course: 39:14

Rank in category: 3(of 6)

Best time in the category: 48:16