



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Dudek, Harald

Club: LSV Lok Arnstadt

Number: 805

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 54:18

Speed: 11.05 km/h

Running performance: 5:10 min/km

Rank in course/Total: 78 (of 135)

Rank in course/Men: 71 (of 109)

Best time in course: 39:14

Rank in category: 8(of 9)

Best time in the category: 46:19