



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Olm, Patrick

Club: SRL Arnstadt Sportclub e.V.

Number: 942

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M20

Total time: 54:37

Speed: 10.99 km/h

Running performance: 5:12 min/km

Rank in course/Total: 79 (of 135)

Rank in course/Men: 72 (of 109)

Best time in course: 39:14

Rank in category: 13(of 15)

Best time in the category: 40:01