



4. Lauf "Rund um die Sportlerklausur"

Frauenwald / 15.08.2009

Detailed evaluation

Protze, Rolf

Club: WSV Schmiedefeld

Number: 833

Course: 10.50 km

10, 5 km-Lauf

Category:

Männer M60

Total time: 54:38

Speed: 10.98 km/h

Running performance: 5:12 min/km

Rank in course/Total: 80 (of 135)

Rank in course/Men: 73 (of 109)

Best time in course: 39:14

Rank in category: 9(of 9)

Best time in the category: 46:19