



2. Bergsträßer Halbmarathon und 10 km Laufen-Walken  
Hirschberg a.d. Bergstraße / 20.09.2009

Detailed evaluation

Keckeis, Markus

Club: Venemer Sprinter  
Number: 739

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M40

Total time: 55:07

Speed: 10.89 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 9 (of 18)

Rank in course/Men: 8 (of 13)

Best time in course: 40:27

Rank in category: 4(of 5)

Best time in the category: 41:20