



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Elsner, Frank

Club: Bergdorf SV Höhn

Number: 157

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M35

Total time: 38:14

Speed: 15.69 km/h

Running performance: 3:38 min/km

Rank in course/Total: 1 (of 100)

Rank in course/Men: 1 (of 79)

Best time in course: 38:14

Rank in category: 1(of 9)

Best time in the category: 38:14