



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Berndt, Roland

Club: SV Erbkönig e. V.

Number: 57

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:51:08

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 14 (of 26)

Rank in course/Men: 14 (of 21)

Best time in course: 1:21:34

Rank in category: 2(of 2)

Best time in the category: 1:47:28