



### 3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

#### Detailed evaluation

**Bergmann, Steffen**

Club: Bergdorf SV Höhn

Number: 154

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M40

Total time: 45:48

Speed: 13.10 km/h

Running performance: 4:22 min/km

Rank in course/Total: 18 (of 100)

Rank in course/Men: 18 (of 79)

Best time in course: 38:14

Rank in category: 5(of 13)

Best time in the category: 39:11