



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

Frauenwald / 09.08.2008

#### Detailed evaluation

**Franke, Christoph**

Club: VfB Einberg

Number: 117

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M30

Total time: 46:09

Speed: 13.00 km/h

Running performance: 4:24 min/km

Rank in course/Total: 21 (of 100)

Rank in course/Men: 21 (of 79)

Best time in course: 38:14

Rank in category: 3(of 8)

Best time in the category: 39:12