



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Kretzschmar, Manfred

Club: Ichtshausen

Number: 217

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M55

Total time: 47:07

Speed: 12.73 km/h

Running performance: 4:29 min/km

Rank in course/Total: 26 (of 100)

Rank in course/Men: 25 (of 79)

Best time in course: 38:14

Rank in category: 1(of 5)

Best time in the category: 47:07