



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Brömel, Jörg

Club: WSV Schmiedefeld

Number: 155

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M45

Total time: 48:13

Speed: 12.44 km/h

Running performance: 4:35 min/km

Rank in course/Total: 36 (of 100)

Rank in course/Men: 35 (of 79)

Best time in course: 38:14

Rank in category: 4(of 10)

Best time in the category: 46:03