



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Seifert, Andreas

Club: VSG Rodewisch

Number: 162

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M30

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:41 min/km

Rank in course/Total: 41 (of 100)

Rank in course/Men: 40 (of 79)

Best time in course: 38:14

Rank in category: 6(of 8)

Best time in the category: 39:12