



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

Frauenwald / 09.08.2008

#### Detailed evaluation

Schalk, Udo

Club: DREAM-TEAM Ilmenau

Number: 222

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M45

Total time: 50:05

Speed: 11.98 km/h

Running performance: 4:46 min/km

Rank in course/Total: 49 (of 100)

Rank in course/Men: 47 (of 79)

Best time in course: 38:14

Rank in category: 7(of 10)

Best time in the category: 46:03