



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 142

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M40

Total time: 50:10

Speed: 11.96 km/h

Running performance: 4:47 min/km

Rank in course/Total: 50 (of 100)

Rank in course/Men: 48 (of 79)

Best time in course: 38:14

Rank in category: 9(of 13)

Best time in the category: 39:11