



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Montag, Hans-Jürgen

Club: LV Schwarzertal

Number: 779

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M60

Total time: 50:18

Speed: 11.93 km/h

Running performance: 4:47 min/km

Rank in course/Total: 51 (of 100)

Rank in course/Men: 49 (of 79)

Best time in course: 38:14

Rank in category: 2(of 4)

Best time in the category: 47:54