



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Michael, Udo

Club: ASV Sangerhausen

Number: 797

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M45

Total time: 50:37

Speed: 11.85 km/h

Running performance: 4:49 min/km

Rank in course/Total: 52 (of 100)

Rank in course/Men: 50 (of 79)

Best time in course: 38:14

Rank in category: 8(of 10)

Best time in the category: 46:03