



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 126

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M55

Total time: 51:29

Speed: 11.65 km/h

Running performance: 4:54 min/km

Rank in course/Total: 55 (of 100)

Rank in course/Men: 53 (of 79)

Best time in course: 38:14

Rank in category: 3(of 5)

Best time in the category: 47:07