



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Rose, Jens

Club: DRK Arnstadt

Number: 160

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M40

Total time: 52:19

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 57 (of 100)

Rank in course/Men: 54 (of 79)

Best time in course: 38:14

Rank in category: 10(of 13)

Best time in the category: 39:11