



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Sperling, Börn

Club: LG Frauenwald

Number: 167

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M20

Total time: 52:20

Speed: 11.46 km/h

Running performance: 4:59 min/km

Rank in course/Total: 58 (of 100)

Rank in course/Men: 55 (of 79)

Best time in course: 38:14

Rank in category: 9(of 10)

Best time in the category: 41:03