



### 3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

#### Detailed evaluation

**Senz, Stefan**

Club: LSV Lok Arnstadt

Number: 143

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M20

Total time: 41:03

Speed: 14.62 km/h

Running performance: 3:55 min/km

Rank in course/Total: 6 (of 100)

Rank in course/Men: 6 (of 79)

Best time in course: 38:14

Rank in category: 1(of 10)

Best time in the category: 41:03