



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

Frauenwald / 09.08.2008

#### Detailed evaluation

**Dudek, Harald**

Club: LSV Lok Arnstadt

Number: 112

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M60

Total time: 53:54

Speed: 11.13 km/h

Running performance: 5:08 min/km

Rank in course/Total: 64 (of 100)

Rank in course/Men: 60 (of 79)

Best time in course: 38:14

Rank in category: 4(of 4)

Best time in the category: 47:54