



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Amarell, Ludwig

Club: Triathlonclub Suhl

Number: 751

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M70

Total time: 55:10

Speed: 10.88 km/h

Running performance: 5:15 min/km

Rank in course/Total: 69 (of 100)

Rank in course/Men: 65 (of 79)

Best time in course: 38:14

Rank in category: 1(of 4)

Best time in the category: 55:10