



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Spindel, Uwe

Club: LG Frauenwald

Number: 171

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M45

Total time: 56:37

Speed: 10.60 km/h

Running performance: 5:23 min/km

Rank in course/Total: 74 (of 100)

Rank in course/Men: 67 (of 79)

Best time in course: 38:14

Rank in category: 10(of 10)

Best time in the category: 46:03