



3. Lauf "Rund um die Sportlerklausur"

Frauenwald / 09.08.2008

Detailed evaluation

Senglaub, Tino

Club: LG Frauenwald

Number: 756

Course: 10.50 km

10.5 km-Lauf

Category:

Männer M40

Total time: 1:03:48

Speed: 9.40 km/h

Running performance: 6:05 min/km

Rank in course/Total: 91 (of 100)

Rank in course/Men: 76 (of 79)

Best time in course: 38:14

Rank in category: 13(of 13)

Best time in the category: 39:11