



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Lipfert, Kai-Uwe

Club: Saalfelder LV

Number: 145

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 57:56

Speed: 10.36 km/h

Running performance: 5:31 min/km

Rank in course/Total: 77 (of 120)

Rank in course/Men: 67 (of 95)

Best time in course: 36:36

Rank in category: 10(of 13)

Best time in the category: 43:29