



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Wendemuth, Eckhard

Club: SC Impuls Erfurt

Number: 180

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 58:36

Speed: 10.24 km/h

Running performance: 5:35 min/km

Rank in course/Total: 79 (of 120)

Rank in course/Men: 69 (of 95)

Best time in course: 36:36

Rank in category: 3(of 5)

Best time in the category: 51:13