



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen / Göllingen

Number: 184

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 58:38

Speed: 10.23 km/h

Running performance: 5:35 min/km

Rank in course/Total: 80 (of 120)

Rank in course/Men: 70 (of 95)

Best time in course: 36:36

Rank in category: 11(of 13)

Best time in the category: 43:29