



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 183

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 58:55

Speed: 10.18 km/h

Running performance: 5:37 min/km

Rank in course/Total: 83 (of 120)

Rank in course/Men: 72 (of 95)

Best time in course: 36:36

Rank in category: 1(of 6)

Best time in the category: 58:55