



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser

Number: 162

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 59:17

Speed: 10.12 km/h

Running performance: 5:39 min/km

Rank in course/Total: 85 (of 120)

Rank in course/Men: 74 (of 95)

Best time in course: 36:36

Rank in category: 2(of 6)

Best time in the category: 58:55