



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Koske, Christian**

Club: Niedergrunstedt

Number: 129

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 59:31

Speed: 10.08 km/h

Running performance: 5:40 min/km

Rank in course/Total: 86 (of 120)

Rank in course/Men: 75 (of 95)

Best time in course: 36:36

Rank in category: 5(of 6)

Best time in the category: 49:54