



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Moldenhauer, Frank

Club: Ilmenau

Number: 151

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:42 min/km

Rank in course/Total: 87 (of 120)

Rank in course/Men: 76 (of 95)

Best time in course: 36:36

Rank in category: 12(of 13)

Best time in the category: 43:29