



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee

Number: 117

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 59:55

Speed: 10.01 km/h

Running performance: 5:43 min/km

Rank in course/Total: 88 (of 120)

Rank in course/Men: 77 (of 95)

Best time in course: 36:36

Rank in category: 8(of 9)

Best time in the category: 47:08