



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

Frauenwald / 14.08.2010

### Detailed evaluation

Hellmann, Volker

Club: Sangerhausen

Number: 191

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M35

Total time: 1:00:37

Speed: 9.90 km/h

Running performance: 5:46 min/km

Rank in course/Total: 90 (of 120)

Rank in course/Men: 78 (of 95)

Best time in course: 36:36

Rank in category: 10(of 11)

Best time in the category: 39:35