



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Richter, Konrad

Club: SV Sömmerda

Number: 201

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 1:01:02

Speed: 9.83 km/h

Running performance: 5:49 min/km

Rank in course/Total: 92 (of 120)

Rank in course/Men: 80 (of 95)

Best time in course: 36:36

Rank in category: 6(of 6)

Best time in the category: 49:54