



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau

Number: 219

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 1:01:44

Speed: 9.72 km/h

Running performance: 5:53 min/km

Rank in course/Total: 93 (of 120)

Rank in course/Men: 81 (of 95)

Best time in course: 36:36

Rank in category: 13(of 13)

Best time in the category: 43:29