



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Mohr, Siegfried

Club: SV Hermsdorf

Number: 211

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 1:02:20

Speed: 9.63 km/h

Running performance: 5:56 min/km

Rank in course/Total: 94 (of 120)

Rank in course/Men: 82 (of 95)

Best time in course: 36:36

Rank in category: 3(of 6)

Best time in the category: 58:55