



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Bremmert, Martin

Club: 2./spezPiBtl464 Speyer

Number: 166

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 1:02:53

Speed: 9.54 km/h

Running performance: 5:59 min/km

Rank in course/Total: 96 (of 120)

Rank in course/Men: 83 (of 95)

Best time in course: 36:36

Rank in category: 6(of 8)

Best time in the category: 41:50