



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schmidt, Rainer

Club: Ronneburg

Number: 181

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 1:04:52

Speed: 9.25 km/h

Running performance: 6:11 min/km

Rank in course/Total: 103 (of 120)

Rank in course/Men: 86 (of 95)

Best time in course: 36:36

Rank in category: 4(of 6)

Best time in the category: 58:55