



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Seifert, Gerd

Club: Saalfelder LV

Number: 190

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 1:05:18

Speed: 9.19 km/h

Running performance: 6:13 min/km

Rank in course/Total: 104 (of 120)

Rank in course/Men: 87 (of 95)

Best time in course: 36:36

Rank in category: 5(of 6)

Best time in the category: 58:55