



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

Ludwig, Eckhard

Club: Bad Berka

Number: 223

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 1:09:06

Speed: 8.68 km/h

Running performance: 6:35 min/km

Rank in course/Total: 110 (of 120)

Rank in course/Men: 89 (of 95)

Best time in course: 36:36

Rank in category: 9(of 9)

Best time in the category: 43:55