



5. Lauf: "Rund um die Sportlerklause"

Frauenwald / 14.08.2010

Detailed evaluation

Schadwinkel, Wolfgang

Club: GMRV Langewiesen

Number: 158

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 1:31:50

Speed: 6.53 km/h

Running performance: 8:45 min/km

Rank in course/Total: 120 (of 120)

Rank in course/Men: 95 (of 95)

Best time in course: 36:36

Rank in category: 5(of 5)

Best time in the category: 51:13