



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Apel, Eckart

Club: Olympia Berga

Number: 285

Course: 21.00 km

21 km-Lauf

Category:

Männer M45

Total time: 1:34:29

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 3 (of 21)

Rank in course/Men: 3 (of 18)

Best time in course: 1:29:45

Rank in category: 2(of 3)

Best time in the category: 1:31:55