



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Krüger, Gerd

Club: Ilmenau

Number: 278

Course: 21.00 km

21 km-Lauf

Category:

Männer M40

Total time: 1:44:08

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 7 (of 21)

Rank in course/Men: 7 (of 18)

Best time in course: 1:29:45

Rank in category: 3(of 6)

Best time in the category: 1:41:54