



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Dähling, Uwe**

Club: Sonneberg

Number: 284

Course: 21.00 km

21 km-Lauf

Category:

Männer M40

Total time: 1:45:32

Speed: 11.94 km/h

Running performance: 5:02 min/km

Rank in course/Total: 9 (of 21)

Rank in course/Men: 8 (of 18)

Best time in course: 1:29:45

Rank in category: 4(of 6)

Best time in the category: 1:41:54