



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Noack, Dirk

Club: WSV Schmiedefeld a. Rstg.

Number: 287

Course: 21.00 km

21 km-Lauf

Category:

Männer M40

Total time: 1:52:25

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 11 (of 21)

Rank in course/Men: 10 (of 18)

Best time in course: 1:29:45

Rank in category: 5(of 6)

Best time in the category: 1:41:54