



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 290

Course: 21.00 km
21 km-Lauf

Category:
Männer M55

Total time: 1:56:09

Speed: 10.85 km/h
Running performance: 5:32 min/km

Rank in course/Total: 15 (of 21)

Rank in course/Men: 14 (of 18)

Best time in course: 1:29:45

Rank in category: 1(of 2)

Best time in the category: 1:56:09