



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Schwarz, Thomas**

Club: Schmeheim & Freunde

Number: 288

Course: 21.00 km

21 km-Lauf

Category:

Männer M30

Total time: 2:04:08

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 17 (of 21)

Rank in course/Men: 16 (of 18)

Best time in course: 1:29:45

Rank in category: 1(of 1)

Best time in the category: 2:04:08