



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Grunert, Marcel**

Club: Dienststedt/Hettstedt

Number: 277

Course: 21.00 km

21 km-Lauf

Category:

Männer M20

Total time: 2:04:23

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 18 (of 21)

Rank in course/Men: 17 (of 18)

Best time in course: 1:29:45

Rank in category: 3(of 3)

Best time in the category: 1:29:45