



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Lange, Heiko

Club: S1 Suhl

Number: 280

Course: 21.00 km

21 km-Lauf

Category:

Männer M45

Total time: 2:04:50

Speed: 10.09 km/h

Running performance: 5:56 min/km

Rank in course/Total: 19 (of 21)

Rank in course/Men: 18 (of 18)

Best time in course: 1:29:45

Rank in category: 3(of 3)

Best time in the category: 1:31:55