



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Fritsch, Alexander

Club: Plaue

Number: 214

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 36:36

Speed: 16.39 km/h

Running performance: 3:29 min/km

Rank in course/Total: 1 (of 120)

Rank in course/Men: 1 (of 95)

Best time in course: 36:36

Rank in category: 1(of 14)

Best time in the category: 36:36