



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

Frauenwald / 14.08.2010

### Detailed evaluation

Hempel, Karl

Club: Saalfelder LV

Number: 173

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 40:20

Speed: 14.88 km/h

Running performance: 3:50 min/km

Rank in course/Total: 6 (of 120)

Rank in course/Men: 6 (of 95)

Best time in course: 36:36

Rank in category: 4(of 14)

Best time in the category: 36:36