



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

Frauenwald / 14.08.2010

### Detailed evaluation

**Senz, Stefan**

Club: LSV Lok Arnstadt

Number: 150

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 41:24

Speed: 14.49 km/h

Running performance: 3:56 min/km

Rank in course/Total: 9 (of 120)

Rank in course/Men: 9 (of 95)

Best time in course: 36:36

Rank in category: 5(of 14)

Best time in the category: 36:36