



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Winkler, Jörg

Club: Nofretete e.V.

Number: 188

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 41:50

Speed: 14.34 km/h

Running performance: 3:59 min/km

Rank in course/Total: 10 (of 120)

Rank in course/Men: 10 (of 95)

Best time in course: 36:36

Rank in category: 1(of 8)

Best time in the category: 41:50