



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Zacher, Tino

Club: Ohrdruffer LV

Number: 220

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M35

Total time: 43:09

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 13 (of 120)

Rank in course/Men: 13 (of 95)

Best time in course: 36:36

Rank in category: 3(of 11)

Best time in the category: 39:35