



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 222

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 43:29

Speed: 14.49 km/h

Running performance: 4:08 min/km

Rank in course/Total: 14 (of 120)

Rank in course/Men: 14 (of 95)

Best time in course: 36:36

Rank in category: 1(of 13)

Best time in the category: 43:29