



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal

Number: 218

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 43:55

Speed: 13.66 km/h

Running performance: 4:11 min/km

Rank in course/Total: 15 (of 120)

Rank in course/Men: 15 (of 95)

Best time in course: 36:36

Rank in category: 1(of 9)

Best time in the category: 43:55