



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schwarz, Wolfgang

Club: WSV Ilmenau 1908

Number: 178

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 43:58

Speed: 13.65 km/h

Running performance: 4:11 min/km

Rank in course/Total: 16 (of 120)

Rank in course/Men: 16 (of 95)

Best time in course: 36:36

Rank in category: 7(of 14)

Best time in the category: 36:36