



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Münch, Christian

Club: SG Einheit Arnstadt

Number: 165

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 44:06

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 17 (of 120)

Rank in course/Men: 17 (of 95)

Best time in course: 36:36

Rank in category: 8(of 14)

Best time in the category: 36:36