



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schulz, Sören

Club: Ltv erfurt

Number: 203

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 44:17

Speed: 13.55 km/h

Running performance: 4:13 min/km

Rank in course/Total: 18 (of 120)

Rank in course/Men: 18 (of 95)

Best time in course: 36:36

Rank in category: 2(of 8)

Best time in the category: 41:50