



5. Lauf: "Rund um die Sportlerklause"

Frauenwald / 14.08.2010

Detailed evaluation

Golebniak, Philipp

Club: Creaton Großengottern

Number: 176

Course: 10.50 km

10,5 km-Lauf

Category:

männliche Jugend A

Total time: 44:38

Speed: 13.44 km/h

Running performance: 4:15 min/km

Rank in course/Total: 19 (of 120)

Rank in course/Men: 19 (of 95)

Best time in course: 36:36

Rank in category: 1(of 2)

Best time in the category: 44:38