



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schricket, Andre

Club: WSV-Ilmenau

Number: 177

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 45:34

Speed: 13.17 km/h

Running performance: 4:20 min/km

Rank in course/Total: 22 (of 120)

Rank in course/Men: 22 (of 95)

Best time in course: 36:36

Rank in category: 2(of 13)

Best time in the category: 43:29