



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Roubitschek, Silvio

Club: SV Hermsdorf

Number: 210

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 46:00

Speed: 13.04 km/h

Running performance: 4:23 min/km

Rank in course/Total: 23 (of 120)

Rank in course/Men: 23 (of 95)

Best time in course: 36:36

Rank in category: 3(of 13)

Best time in the category: 43:29