



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schadwinkel, Andy

Club: GMRV Langewiesen

Number: 152

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M35

Total time: 46:13

Speed: 12.98 km/h

Running performance: 4:24 min/km

Rank in course/Total: 25 (of 120)

Rank in course/Men: 25 (of 95)

Best time in course: 36:36

Rank in category: 5(of 11)

Best time in the category: 39:35