



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

#### Bomberg, Dirk

Club: SC Impuls Erfurt

Number: 128

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 47:16

Speed: 12.69 km/h

Running performance: 4:30 min/km

Rank in course/Total: 29 (of 120)

Rank in course/Men: 28 (of 95)

Best time in course: 36:36

Rank in category: 3(of 9)

Best time in the category: 43:55