



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Otto, Matthias

Club: Ilmenau

Number: 200

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:32 min/km

Rank in course/Total: 31 (of 120)

Rank in course/Men: 30 (of 95)

Best time in course: 36:36

Rank in category: 4(of 7)

Best time in the category: 39:19