



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmenau

Number: 199

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 47:43

Speed: 12.57 km/h

Running performance: 4:32 min/km

Rank in course/Total: 32 (of 120)

Rank in course/Men: 31 (of 95)

Best time in course: 36:36

Rank in category: 4(of 13)

Best time in the category: 43:29