



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Seidler, Bernd

Club: Stadtilm

Number: 221

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:35 min/km

Rank in course/Total: 34 (of 120)

Rank in course/Men: 33 (of 95)

Best time in course: 36:36

Rank in category: 5(of 13)

Best time in the category: 43:29