



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Lesser, Wolfgang

Club: aproxima

Number: 202

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 48:35

Speed: 12.35 km/h

Running performance: 4:38 min/km

Rank in course/Total: 35 (of 120)

Rank in course/Men: 34 (of 95)

Best time in course: 36:36

Rank in category: 11(of 14)

Best time in the category: 36:36