



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Kretzschmar, Manfred

Club: Ichtshausen

Number: 186

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 49:04

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 37 (of 120)

Rank in course/Men: 36 (of 95)

Best time in course: 36:36

Rank in category: 3(of 9)

Best time in the category: 47:08