



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Schönlebe, Reiner

Club: Apoldaer LV 90

Number: 103

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 49:54

Speed: 12.02 km/h

Running performance: 4:45 min/km

Rank in course/Total: 39 (of 120)

Rank in course/Men: 37 (of 95)

Best time in course: 36:36

Rank in category: 1(of 6)

Best time in the category: 49:54