



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Herold, Fredi

Club: Saalfelder LV

Number: 113

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 50:01

Speed: 12.00 km/h

Running performance: 4:46 min/km

Rank in course/Total: 40 (of 120)

Rank in course/Men: 38 (of 95)

Best time in course: 36:36

Rank in category: 6(of 13)

Best time in the category: 43:29