



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Seever, Thorsten

Club: Laufftreff Alteburg Arnstadt

Number: 146

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M35

Total time: 50:07

Speed: 11.97 km/h

Running performance: 4:46 min/km

Rank in course/Total: 42 (of 120)

Rank in course/Men: 40 (of 95)

Best time in course: 36:36

Rank in category: 7(of 11)

Best time in the category: 39:35