



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Queißer, Gerold

Club: Ilmenau

Number: 157

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 50:25

Speed: 11.90 km/h

Running performance: 4:48 min/km

Rank in course/Total: 44 (of 120)

Rank in course/Men: 42 (of 95)

Best time in course: 36:36

Rank in category: 2(of 6)

Best time in the category: 49:54