



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Erdmann, Hartmut

Club: LTV Obereichsfeld

Number: 160

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 51:13

Speed: 11.71 km/h

Running performance: 4:53 min/km

Rank in course/Total: 47 (of 120)

Rank in course/Men: 45 (of 95)

Best time in course: 36:36

Rank in category: 1(of 5)

Best time in the category: 51:13