



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Hempel, Ernst

Club: Saalfelder LV

Number: 174

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M60

Total time: 51:23

Speed: 11.68 km/h

Running performance: 4:53 min/km

Rank in course/Total: 49 (of 120)

Rank in course/Men: 47 (of 95)

Best time in course: 36:36

Rank in category: 3(of 6)

Best time in the category: 49:54