



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

**Höpfner, Thomas**

Club: RSV Ilmenau

Number: 138

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 51:24

Speed: 11.67 km/h

Running performance: 4:54 min/km

Rank in course/Total: 50 (of 120)

Rank in course/Men: 48 (of 95)

Best time in course: 36:36

Rank in category: 4(of 9)

Best time in the category: 47:08