



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Winkler, Heinz-Jörg

Club: Nofretete e.V.

Number: 189

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 52:05

Speed: 11.52 km/h

Running performance: 4:58 min/km

Rank in course/Total: 56 (of 120)

Rank in course/Men: 52 (of 95)

Best time in course: 36:36

Rank in category: 5(of 9)

Best time in the category: 43:55