



5. Lauf: "Rund um die Sportlerklause"

Frauenwald / 14.08.2010

Detailed evaluation

Albrech, Jürgen

Club: Apoldaer LV 90

Number: 171

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 52:30

Speed: 11.43 km/h

Running performance: 5:00 min/km

Rank in course/Total: 59 (of 120)

Rank in course/Men: 54 (of 95)

Best time in course: 36:36

Rank in category: 6(of 9)

Best time in the category: 47:08