



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Nothnagel, Rainer

Club: Zella-Mehlis

Number: 170

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 54:04

Speed: 11.10 km/h

Running performance: 5:09 min/km

Rank in course/Total: 65 (of 120)

Rank in course/Men: 58 (of 95)

Best time in course: 36:36

Rank in category: 6(of 9)

Best time in the category: 43:55