



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Steinbach, Maik

Club: Sportteam-STEINBACH Meiningen

Number: 185

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:11 min/km

Rank in course/Total: 67 (of 120)

Rank in course/Men: 60 (of 95)

Best time in course: 36:36

Rank in category: 4(of 8)

Best time in the category: 41:50