



5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

Detailed evaluation

Leipold, Björn

Club: SV Schleusegrund

Number: 167

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 57:19

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 74 (of 120)

Rank in course/Men: 64 (of 95)

Best time in course: 36:36

Rank in category: 5(of 8)

Best time in the category: 41:50