



## 5. Lauf: "Rund um die Sportlerklausur"

Frauenwald / 14.08.2010

### Detailed evaluation

**Michael, Udo**

Club: Bennungen

Number: 194

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M50

Total time: 57:22

Speed: 10.46 km/h

Running performance: 5:28 min/km

Rank in course/Total: 75 (of 120)

Rank in course/Men: 65 (of 95)

Best time in course: 36:36

Rank in category: 8(of 9)

Best time in the category: 43:55