



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

thomas, frank

Club: SV 1865 Piesau  
Number: 215

Course: 20.00 km  
20 km-Lauf

Category:  
Männer M45

Total time: 1:30:19

Speed: 13.29 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 20 (of 41)

Rank in course/Men: 20 (of 40)

Best time in course: 1:10:02

Rank in category: 9(of 14)

Best time in the category: 1:11:46