



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Risch, Stefan

Club: Neustadt am Rensteig

Number: 361

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 57:39

Speed: 10.41 km/h

Running performance: 5:29 min/km

Rank in course/Total: 74 (of 110)

Rank in course/Men: 65 (of 86)

Best time in course: 37:08

Rank in category: 8(of 11)

Best time in the category: 45:06