



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Rühlicke, Raimund**

Club: Grün Weiß Wittenberg

Number: 389

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 58:02

Speed: 10.34 km/h

Running performance: 5:32 min/km

Rank in course/Total: 75 (of 110)

Rank in course/Men: 66 (of 86)

Best time in course: 37:08

Rank in category: 8(of 11)

Best time in the category: 47:38