



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Lange, Heiko

Club: LG Bärenfang Suhl

Number: 377

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 59:35

Speed: 10.57 km/h

Running performance: 5:40 min/km

Rank in course/Total: 77 (of 110)

Rank in course/Men: 68 (of 86)

Best time in course: 37:08

Rank in category: 14(of 16)

Best time in the category: 39:56