



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Freitag, Peter-Michael**

Club: Schmiedefeld

Number: 410

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 1:00:38

Speed: 9.90 km/h

Running performance: 5:46 min/km

Rank in course/Total: 82 (of 110)

Rank in course/Men: 72 (of 86)

Best time in course: 37:08

Rank in category: 9(of 11)

Best time in the category: 45:06