



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

#### Siebenhaar, Volker

Club: Ilmenau

Number: 411

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 1:00:48

Speed: 9.87 km/h

Running performance: 5:47 min/km

Rank in course/Total: 83 (of 110)

Rank in course/Men: 73 (of 86)

Best time in course: 37:08

Rank in category: 16(of 16)

Best time in the category: 39:56