



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Bielesch, Nikolaus

Club: 1. PMSC Erfut e.V.

Number: 370

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M70

Total time: 1:01:09

Speed: 9.81 km/h

Running performance: 5:49 min/km

Rank in course/Total: 85 (of 110)

Rank in course/Men: 74 (of 86)

Best time in course: 37:08

Rank in category: 2(of 3)

Best time in the category: 58:43