



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

#### Spranger, Steffen

Club: Stützerbach

Number: 375

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 1:01:10

Speed: 9.81 km/h

Running performance: 5:50 min/km

Rank in course/Total: 87 (of 110)

Rank in course/Men: 76 (of 86)

Best time in course: 37:08

Rank in category: 10(of 11)

Best time in the category: 45:06