



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Denner, Michael**

Club: Hinternah

Number: 394

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 1:03:42

Speed: 9.42 km/h

Running performance: 6:04 min/km

Rank in course/Total: 92 (of 110)

Rank in course/Men: 79 (of 86)

Best time in course: 37:08

Rank in category: 5(of 5)

Best time in the category: 43:53