



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Franze, Iris**

Club: Arnstadt

Number: 397

Course: 10.50 km

10,5 km-Lauf

Category:

Frauen W40

Total time: 1:15:00

Speed: 8.00 km/h

Running performance: 7:08 min/km

Rank in course/Total: 108 (of 110)

Rank in course/Women: 24 (of 24)

Best time in course: 44:41

Rank in category: 6(of 6)

Best time in the category: 54:45