



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

Vater, Christian

Club: Rennsteiglauf/LG Bärenfang

Number: 392

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 44:28

Speed: 14.17 km/h

Running performance: 4:14 min/km

Rank in course/Total: 11 (of 110)

Rank in course/Men: 11 (of 86)

Best time in course: 37:08

Rank in category: 3(of 5)

Best time in the category: 43:53