



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Unruh, Andreas**

Club: Görlitz

Number: 408

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 45:06

Speed: 13.30 km/h

Running performance: 4:18 min/km

Rank in course/Total: 13 (of 110)

Rank in course/Men: 12 (of 86)

Best time in course: 37:08

Rank in category: 1(of 11)

Best time in the category: 45:06