



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Volkholz, Clemens

Club: Apoldaer LV 90

Number: 385

Course: 10.50 km

10,5 km-Lauf

Category:

männliche Jugend A

Total time: 46:31

Speed: 12.90 km/h

Running performance: 4:26 min/km

Rank in course/Total: 17 (of 110)

Rank in course/Men: 15 (of 86)

Best time in course: 37:08

Rank in category: 1(of 1)

Best time in the category: 46:31