



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Weiß, Thomas

Club: WSV Ilmenau

Number: 304

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 47:27

Speed: 12.64 km/h

Running performance: 4:31 min/km

Rank in course/Total: 22 (of 110)

Rank in course/Men: 19 (of 86)

Best time in course: 37:08

Rank in category: 3(of 16)

Best time in the category: 39:56