



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Kretzschmar, Manfred**

Club: Ichttershausen

Number: 382

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 47:38

Speed: 13.23 km/h

Running performance: 4:32 min/km

Rank in course/Total: 23 (of 110)

Rank in course/Men: 20 (of 86)

Best time in course: 37:08

Rank in category: 1(of 11)

Best time in the category: 47:38