



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Herrmann, Maik

Club: Laufftreff Arnstadt

Number: 349

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M30

Total time: 48:01

Speed: 12.50 km/h

Running performance: 4:34 min/km

Rank in course/Total: 25 (of 110)

Rank in course/Men: 22 (of 86)

Best time in course: 37:08

Rank in category: 4(of 5)

Best time in the category: 43:53