



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Laute, Andreas

Club: SV TU Ilmneau

Number: 354

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 48:35

Speed: 12.35 km/h

Running performance: 4:38 min/km

Rank in course/Total: 27 (of 110)

Rank in course/Men: 24 (of 86)

Best time in course: 37:08

Rank in category: 4(of 16)

Best time in the category: 39:56