



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Seidler, Bernd**

Club: Stadtilm

Number: 346

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 49:05

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 28 (of 110)

Rank in course/Men: 25 (of 86)

Best time in course: 37:08

Rank in category: 5(of 16)

Best time in the category: 39:56