



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt

Number: 319

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 51:25

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 36 (of 110)

Rank in course/Men: 33 (of 86)

Best time in course: 37:08

Rank in category: 7(of 16)

Best time in the category: 39:56