



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Poppner, Sebastian

Club: WSV Ilmenau

Number: 325

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M20

Total time: 51:45

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 38 (of 110)

Rank in course/Men: 35 (of 86)

Best time in course: 37:08

Rank in category: 7(of 11)

Best time in the category: 37:08