



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Geißenhöner, Mario

Club: Rennsteiglaufverein

Number: 317

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M40

Total time: 51:56

Speed: 11.55 km/h

Running performance: 4:57 min/km

Rank in course/Total: 40 (of 110)

Rank in course/Men: 37 (of 86)

Best time in course: 37:08

Rank in category: 4(of 11)

Best time in the category: 45:06