



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Sachs, Frank

Club: Dream Team Ilmenau

Number: 302

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 52:44

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 46 (of 110)

Rank in course/Men: 43 (of 86)

Best time in course: 37:08

Rank in category: 9(of 16)

Best time in the category: 39:56