



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Nothnagel, Rainer

Club: Zella-Mehlis

Number: 321

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M55

Total time: 54:03

Speed: 11.10 km/h

Running performance: 5:09 min/km

Rank in course/Total: 50 (of 110)

Rank in course/Men: 47 (of 86)

Best time in course: 37:08

Rank in category: 4(of 11)

Best time in the category: 47:38