



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt

Number: 345

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:10 min/km

Rank in course/Total: 51 (of 110)

Rank in course/Men: 48 (of 86)

Best time in course: 37:08

Rank in category: 10(of 16)

Best time in the category: 39:56