



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Treßelt, Frank

Club: GMRLV Großbreitenbach

Number: 329

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M45

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:13 min/km

Rank in course/Total: 53 (of 110)

Rank in course/Men: 50 (of 86)

Best time in course: 37:08

Rank in category: 11(of 16)

Best time in the category: 39:56