



## 6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

### Detailed evaluation

**Hermann, Rainer**

Club: SV Thuringia Königsee

Number: 306

Course: 10.50 km

10,5 km-Lauf

Category:

Männer M65

Total time: 56:27

Speed: 10.63 km/h

Running performance: 5:23 min/km

Rank in course/Total: 67 (of 110)

Rank in course/Men: 59 (of 86)

Best time in course: 37:08

Rank in category: 1(of 4)

Best time in the category: 56:27