



6. Lauf "Rund um Frauenwald"

Frauenwald / 13.08.2011

Detailed evaluation

Alsgut, Jens

Club: Erfurt
Number: 363

Course: 10.50 km
10,5 km-Lauf

Category:
Männer M45

Total time: 56:41

Speed: 11.11 km/h
Running performance: 5:24 min/km

Rank in course/Total: 68 (of 110)

Rank in course/Men: 60 (of 86)

Best time in course: 37:08

Rank in category: 12(of 16)

Best time in the category: 39:56