



33. Bärenfanglauf  
Suhl / Friedberg / 17.09.2011

Detailed evaluation

Nothnagel, Rainer

Club: Zella-Mehlis  
Number: 313

Course: 15.40 km  
Hauptlauf

Category:  
Männer M55

Total time: 1:18:42

Speed: 11.44 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 36 (of 71)

Rank in course/Men: 33 (of 57)

Best time in course: 58:13

Rank in category: 3(of 7)

Best time in the category: 1:14:29