



Fröbellauf 230
Bad Liebenstein / 21.04.2012

Detailed evaluation

Fallenstein, Bernd

Club: Floh-Seligenthal
Number: 239

Course: 15.80 km
Lauf lang

Category:
Senioren M50

Total time: 1:20:40

Speed: 11.16 km/h
Running performance: 5:07 min/km

Rank in course/Total: 12 (of 16)

Rank in course/Men: 12 (of 15)

Best time in course: 1:01:48

Rank in category: 2(of 3)

Best time in the category: 1:13:14

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	7.90	40:20	5:06	2	4:39	12	8:36	7.90	40:20	5:06	2	4:39	12	8:36
Runde	7.90	40:20	5:06	2	2:47	12	10:16	15.80	1:20:40	5:06	2	7:26	12	18:52