



Fröbellauf 230
Bad Liebenstein / 21.04.2012

Detailed evaluation

Rose, Frank

Club: Behringen
Number: 252

Course: 15.80 km
Lauf lang

Category:
Senioren M50

Total time: 1:21:59

Speed: 10.98 km/h
Running performance: 5:11 min/km

Rank in course/Total: 13 (of 16)

Rank in course/Men: 13 (of 15)

Best time in course: 1:01:48

Rank in category: 3(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	40:23	5:06	3	4:42	13	8:39	7.90	40:23	5:06	3	4:42	13	8:39
Runde	7.90	41:36	5:15	3	4:03	13	11:32	15.80	1:21:59	5:11	3	8:45	13	20:11