



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Dehmel, Gerhard**

Club: ThWV Ilmenau

Number: 352

Course: 14.60 km

Hauptlauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:31:57

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 86 (of 98)

Rank in course/Men: 72 (of 79)

Best time in course: 56:33

Rank in category: 1(of 3)

Best time in the category: 1:31:57