



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Appelfelder, Michael

Club: LAV Saale-Rennsteig

Number: 362

Course: 14.60 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:33:33

Speed: 8.98 km/h

Running performance: 6:25 min/km

Rank in course/Total: 89 (of 98)

Rank in course/Men: 74 (of 79)

Best time in course: 56:33

Rank in category: 5(of 5)

Best time in the category: 1:01:16