



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Ellerkamm, Jürgen

Club: SV Kyffhäuser

Number: 340

Course: 14.60 km

Hauptlauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 1:34:52

Speed: 8.85 km/h

Running performance: 6:30 min/km

Rank in course/Total: 90 (of 98)

Rank in course/Men: 75 (of 79)

Best time in course: 56:33

Rank in category: 2(of 3)

Best time in the category: 1:31:57