



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Seifert, Gerd

Club: Saalfelder LV

Number: 338

Course: 14.60 km

Hauptlauf

Category:

Senioren M75 (75 und älter)

Total time: 1:45:40

Speed: 7.95 km/h

Running performance: 7:14 min/km

Rank in course/Total: 94 (of 98)

Rank in course/Men: 77 (of 79)

Best time in course: 56:33

Rank in category: 1(of 2)

Best time in the category: 1:45:40