



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Nedhardt, Jonas**

Club: SWV-Goldlauter

Number: 10

Course: 3.50 km

Schülerlauf lang

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 17:02

Speed: 10.57 km/h

Running performance: 4:52 min/km

Rank in course/Total: 3 (of 6)

Rank in course/Men: 2 (of 4)

Best time in course: 15:15

Rank in category: 1(of 3)

Best time in the category: 17:02