



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Koch, Dominik**

Club: RLV / LG Süd

Number: 315

Course: 14.60 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 56:33

Speed: 14.85 km/h

Running performance: 3:52 min/km

Rank in course/Total: 1 (of 98)

Rank in course/Men: 1 (of 79)

Best time in course: 56:33

Rank in category: 1(of 10)

Best time in the category: 56:33