



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Fleischhauer, Jens

Club: SV Bergdorf Höhn

Number: 309

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 58:17

Speed: 14.41 km/h

Running performance: 3:59 min/km

Rank in course/Total: 3 (of 98)

Rank in course/Men: 3 (of 79)

Best time in course: 56:33

Rank in category: 1(of 13)

Best time in the category: 58:17