



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Grund, Martin**

Club: SV Ictershausen

Number: 343

Course: 14.60 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:00:20

Speed: 13.92 km/h

Running performance: 4:08 min/km

Rank in course/Total: 5 (of 98)

Rank in course/Men: 5 (of 79)

Best time in course: 56:33

Rank in category: 1(of 10)

Best time in the category: 1:00:20