



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Volkholz, Clemens

Club: Apoldaer LV90

Number: 397

Course: 14.60 km

Hauptlauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:05:09

Speed: 12.89 km/h

Running performance: 4:28 min/km

Rank in course/Total: 19 (of 98)

Rank in course/Men: 18 (of 79)

Best time in course: 56:33

Rank in category: 1(of 2)

Best time in the category: 1:05:09