



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Mienzsch, Andi

Club: SV Rennsteig

Number: 392

Course: 14.60 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:23

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 20 (of 98)

Rank in course/Men: 19 (of 79)

Best time in course: 56:33

Rank in category: 4(of 8)

Best time in the category: 1:01:09