



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Köhler, Jens**

Club: LSV Lok Arnstadt

Number: 341

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:49

Speed: 12.76 km/h

Running performance: 4:31 min/km

Rank in course/Total: 21 (of 98)

Rank in course/Men: 20 (of 79)

Best time in course: 56:33

Rank in category: 2(of 13)

Best time in the category: 58:17