



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Jakob, Holger

Club: Neustadt am Rennsteig

Number: 345

Course: 14.60 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:10:25

Speed: 11.93 km/h

Running performance: 4:49 min/km

Rank in course/Total: 30 (of 98)

Rank in course/Men: 29 (of 79)

Best time in course: 56:33

Rank in category: 4(of 10)

Best time in the category: 1:00:20