



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Gergs, Roy**

Club: TV 1920 Ilmenau

Number: 339

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:10:28

Speed: 11.92 km/h

Running performance: 4:50 min/km

Rank in course/Total: 31 (of 98)

Rank in course/Men: 30 (of 79)

Best time in course: 56:33

Rank in category: 5(of 13)

Best time in the category: 58:17