



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Ernst, Hempel

Club: Saalfelder LV

Number: 383

Course: 14.60 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:11:04

Speed: 11.82 km/h

Running performance: 4:52 min/km

Rank in course/Total: 35 (of 98)

Rank in course/Men: 33 (of 79)

Best time in course: 56:33

Rank in category: 3(of 7)

Best time in the category: 1:04:48