



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

Schönlebe, Reiner

Club: Apoldaer LV 90 e.V.

Number: 396

Course: 14.60 km

Hauptlauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:11:47

Speed: 11.70 km/h

Running performance: 4:55 min/km

Rank in course/Total: 36 (of 98)

Rank in course/Men: 34 (of 79)

Best time in course: 56:33

Rank in category: 4(of 7)

Best time in the category: 1:04:48