



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Thomas, Frank**

Club: LAV Saale-Rennsteig

Number: 320

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:12:12

Speed: 12.13 km/h

Running performance: 4:57 min/km

Rank in course/Total: 41 (of 98)

Rank in course/Men: 38 (of 79)

Best time in course: 56:33

Rank in category: 6(of 13)

Best time in the category: 58:17