



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Seidler, Bernd**

Club: Stadtilm

Number: 363

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:12:58

Speed: 11.51 km/h

Running performance: 5:00 min/km

Rank in course/Total: 43 (of 98)

Rank in course/Men: 40 (of 79)

Best time in course: 56:33

Rank in category: 8(of 13)

Best time in the category: 58:17