



7. Lauf "Rund um Frauenwald"  
Frauenwald / 11.08.2012

Detailed evaluation

Winkler, Heinz-Jörg

Club: Nofretete e.V.  
Number: 385

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:13:39

Speed: 11.41 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 44 (of 98)

Rank in course/Men: 41 (of 79)

Best time in course: 56:33

Rank in category: 2(of 7)

Best time in the category: 1:04:47