



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

Lindenlaub, Ralf

Club: Geraberg

Number: 365

Course: 14.60 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:14:09

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 45 (of 98)

Rank in course/Men: 42 (of 79)

Best time in course: 56:33

Rank in category: 10(of 10)

Best time in the category: 56:33