



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Michalk, Bernhard**

Club: Rudolstadt

Number: 311

Course: 14.60 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:14:36

Speed: 11.26 km/h

Running performance: 5:07 min/km

Rank in course/Total: 47 (of 98)

Rank in course/Men: 44 (of 79)

Best time in course: 56:33

Rank in category: 3(of 9)

Best time in the category: 59:23