



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz

Number: 361

Course: 14.60 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:14:43

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 49 (of 98)

Rank in course/Men: 46 (of 79)

Best time in course: 56:33

Rank in category: 3(of 7)

Best time in the category: 1:04:47