



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Esche, Karsten**

Club: LSV Lok Arnstadt

Number: 330

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:14:53

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 50 (of 98)

Rank in course/Men: 47 (of 79)

Best time in course: 56:33

Rank in category: 10(of 13)

Best time in the category: 58:17