



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Seever, Thorsten

Club: Sg Motor Arnstadt

Number: 382

Course: 14.60 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:15:14

Speed: 11.17 km/h

Running performance: 5:09 min/km

Rank in course/Total: 51 (of 98)

Rank in course/Men: 48 (of 79)

Best time in course: 56:33

Rank in category: 7(of 8)

Best time in the category: 1:01:09