



7. Lauf "Rund um Frauenwald"  
Frauenwald / 11.08.2012

Detailed evaluation

**Bärwolf, Silvia**

Club: Lauffreud Breitungeu  
Number: 308

Course: 14.60 km  
Hauptlauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 1:17:56

Speed: 10.78 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 53 (of 98)  
Rank in course/Women: 4 (of 19)  
Best time in course: 1:01:52

Rank in category: 1(of 3)  
Best time in the category: 1:17:56