



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: 11.24 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