



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Kämpfe, Jens**

Club: SSV Erfurt 02

Number: 305

Course: 14.60 km

Hauptlauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:17:58

Speed: 10.77 km/h

Running performance: 5:20 min/km

Rank in course/Total: 54 (of 98)

Rank in course/Men: 50 (of 79)

Best time in course: 56:33

Rank in category: 1(of 2)

Best time in the category: 1:17:58