



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Bomberg, Dirk**

Club: Impuls Erfurt

Number: 317

Course: 14.60 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:18:40

Speed: 10.68 km/h

Running performance: 5:23 min/km

Rank in course/Total: 56 (of 98)

Rank in course/Men: 52 (of 79)

Best time in course: 56:33

Rank in category: 4(of 7)

Best time in the category: 1:04:47