



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Poppner, Sebastian**

Club: WSV Ilmenau

Number: 322

Course: 14.60 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:21:50

Speed: 10.26 km/h

Running performance: 5:37 min/km

Rank in course/Total: 66 (of 98)

Rank in course/Men: 61 (of 79)

Best time in course: 56:33

Rank in category: 8(of 10)

Best time in the category: 1:00:20