



7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

Detailed evaluation

Siebenhaar, Volker

Club: Ilmenau

Number: 395

Course: 14.60 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:23:48

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 72 (of 98)

Rank in course/Men: 65 (of 79)

Best time in course: 56:33

Rank in category: 8(of 9)

Best time in the category: 59:23