



## 7. Lauf "Rund um Frauenwald"

Frauenwald / 11.08.2012

### Detailed evaluation

**Knoll, Michael**

Club: LG Bad Frankenhausen / Göllingen

Number: 356

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:29:13

Speed: 9.42 km/h

Running performance: 6:07 min/km

Rank in course/Total: 81 (of 98)

Rank in course/Men: 70 (of 79)

Best time in course: 56:33

Rank in category: 13(of 13)

Best time in the category: 58:17