



8. Lauf: \"Rund um Frauenwald\"
Frauenwald / 10.08.2013

Detailed evaluation

Appelfelder, Michael

Club: LAV Saale-Rennsteig
Number: 65

Course: 14.60 km
Hauptlauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:36:11

Speed: 8.73 km/h
Running performance: 6:35 min/km

Rank in course/Total: 82 (of 90)

Rank in course/Men: 71 (of 75)

Best time in course: 1:02:04

Rank in category: 9(of 9)

Best time in the category: 1:08:04