



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