



## 8. Lauf: \"Rund um Frauenwald\"

Frauenwald / 10.08.2013

### Detailed evaluation

**Dieme, Steffen**

Club: Schönbrunn

Number: 6

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:40:34

Speed: 8.35 km/h

Running performance: 6:53 min/km

Rank in course/Total: 88 (of 90)

Rank in course/Men: 75 (of 75)

Best time in course: 1:02:04

Rank in category: 7(of 7)

Best time in the category: 1:08:20