



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