



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

Frauenwald / 10.08.2013

### Detailed evaluation

**Spindler, Reinhard**

Club: Frauenwald

Number: 419

Course: 14.60 km

Nordic Walking

Total time: 2:31:03

Speed: 5.56 km/h

metres in height up: 290

Course score: 18.35

performance score: 110 Points