



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

Detailed evaluation

**Senz, Stefan**

Club: SV Icktershausen  
Number: 48

Course: 14.60 km  
Hauptlauf

Category:  
Männer (20-29 Jahre)

Total time: 1:02:04

Speed: 13.53 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 1 (of 90)

Rank in course/Men: 1 (of 75)

Best time in course: 1:02:04

Rank in category: 1(of 13)

Best time in the category: 1:02:04