



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

Detailed evaluation

**Volkholz, Clemens**

Club: Apoldaer LV 90

Number: 74

Course: 14.60 km

Hauptlauf

Category:

Männer (20-29 Jahre)

Total time: 1:05:56

Speed: 12.74 km/h

Running performance: 4:31 min/km

Rank in course/Total: 6 (of 90)

Rank in course/Men: 5 (of 75)

Best time in course: 1:02:04

Rank in category: 4(of 13)

Best time in the category: 1:02:04