



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

Detailed evaluation

Konieczny, Knut

Club: SV TU Ilmenau
Number: 87

Course: 14.60 km
Hauptlauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:06:31

Speed: 12.63 km/h
Running performance: 4:34 min/km

Rank in course/Total: 9 (of 90)

Rank in course/Men: 8 (of 75)

Best time in course: 1:02:04

Rank in category: 2(of 15)

Best time in the category: 1:06:22