



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

Detailed evaluation

Manthee, Frank

Club: SV Glückauf Sondershausen
Number: 31

Course: 14.60 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:07:43

Speed: 12.40 km/h
Running performance: 4:38 min/km

Rank in course/Total: 13 (of 90)

Rank in course/Men: 12 (of 75)

Best time in course: 1:02:04

Rank in category: 1(of 9)

Best time in the category: 1:07:43