



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

Detailed evaluation

Köhler, Jens

Club: LSV Lok Arnstadt
Number: 28

Course: 14.60 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:08:20

Speed: 12.29 km/h
Running performance: 4:41 min/km

Rank in course/Total: 16 (of 90)

Rank in course/Men: 15 (of 75)

Best time in course: 1:02:04

Rank in category: 1(of 7)

Best time in the category: 1:08:20