



## 8. Lauf: \"Rund um Frauenwald\"

Frauenwald / 10.08.2013

### Detailed evaluation

**Rutkowski, Nils**

Club: Sportteam Steinbach-Meiningen

Number: 81

Course: 14.60 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:08:51

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 18 (of 90)

Rank in course/Men: 17 (of 75)

Best time in course: 1:02:04

Rank in category: 5(of 15)

Best time in the category: 1:06:22