



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: 12.20 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