



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

Frauenwald / 10.08.2013

### Detailed evaluation

Trefflich, Denny

Club: SV Icktershausen

Number: 50

Course: 14.60 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:09:46

Speed: 12.04 km/h

Running performance: 4:47 min/km

Rank in course/Total: 19 (of 90)

Rank in course/Men: 18 (of 75)

Best time in course: 1:02:04

Rank in category: 2(of 9)

Best time in the category: 1:08:04