



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: 12.56 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