



8. Lauf: \"Rund um Frauenwald\"

Frauenwald / 10.08.2013

Detailed evaluation

Bomberg, Dirk

Club: Impuls Erfurt

Number: 3

Course: 14.60 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:12:52

Speed: 11.53 km/h

Running performance: 4:59 min/km

Rank in course/Total: 28 (of 90)

Rank in course/Men: 25 (of 75)

Best time in course: 1:02:04

Rank in category: 2(of 9)

Best time in the category: 1:07:43