



8. Lauf: \"Rund um Frauenwald\"
Frauenwald / 10.08.2013

Detailed evaluation

Schroll, Michael

Club: Nürnberg
Number: 45

Course: 14.60 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:14:04

Speed: 11.34 km/h
Running performance: 5:04 min/km

Rank in course/Total: 32 (of 90)

Rank in course/Men: 28 (of 75)

Best time in course: 1:02:04

Rank in category: 3(of 7)

Best time in the category: 1:08:20