



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

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz
Number: 37

Course: 14.60 km
Hauptlauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:16:18

Speed: 11.01 km/h
Running performance: 5:14 min/km

Rank in course/Total: 41 (of 90)

Rank in course/Men: 35 (of 75)

Best time in course: 1:02:04

Rank in category: 4(of 9)

Best time in the category: 1:07:43