



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

Detailed evaluation

**Blumensaat, Roland**

Club: Nürnberg  
Number: 55

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:18:09

Speed: 10.75 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 47 (of 90)

Rank in course/Men: 41 (of 75)

Best time in course: 1:02:04

Rank in category: 5(of 9)

Best time in the category: 1:07:43