



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

Detailed evaluation

Jeß, Geralf

Club: Frankfurt  
Number: 94

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:18:32

Speed: 10.70 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 49 (of 90)

Rank in course/Men: 43 (of 75)

Best time in course: 1:02:04

Rank in category: 4(of 7)

Best time in the category: 1:05:26