



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

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 10

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:18:42

Speed: 10.67 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 50 (of 90)

Rank in course/Men: 44 (of 75)

Best time in course: 1:02:04

Rank in category: 12(of 15)

Best time in the category: 1:06:22