



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

Detailed evaluation

Wahl, Immo

Club: Sportfreund Th, Wald  
Number: 92

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:22:38

Speed: 10.17 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 61 (of 90)

Rank in course/Men: 55 (of 75)

Best time in course: 1:02:04

Rank in category: 4(of 9)

Best time in the category: 1:08:04