



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

Detailed evaluation

Freitag, Thomas

Number: 77

Course: 14.60 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:27:08

Speed: 9.64 km/h

Running performance: 5:58 min/km

Rank in course/Total: 69 (of 90)

Rank in course/Men: 60 (of 75)

Best time in course: 1:02:04

Rank in category: 5(of 7)

Best time in the category: 1:08:20