



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

Detailed evaluation

Dehmel, Gerhard

Club: Thwv Ilmenau  
Number: 64

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:32:25

Speed: 9.09 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 75 (of 90)

Rank in course/Men: 66 (of 75)

Best time in course: 1:02:04

Rank in category: 1(of 2)

Best time in the category: 1:32:25