



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

Detailed evaluation

Freitag, Armin

Club: Freitags Family  
Number: 76

Course: 14.60 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:34:18

Speed: 8.91 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 78 (of 90)

Rank in course/Men: 68 (of 75)

Best time in course: 1:02:04

Rank in category: 8(of 9)

Best time in the category: 1:08:04