



1. Crosslauf Frauensee

Frauensee / 10.07.2016

Detailed evaluation

Wöhner, Ralf

Club: Merkers

Number: 4

Course: 8.21 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:18

Speed: 11.35 km/h

Running performance: 5:09 min/km

Rank in course/Total: 12 (of 35)

Rank in course/Men: 11 (of 25)

Best time in course: 33:02

Rank in category: 2(of 7)

Best time in the category: 35:29