



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

**Roth, Ralf**

Club: Randspringer Bad Salzungen

Number: 17

Course: 8.21 km

Hauptlauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 46:35

Speed: 10.30 km/h

Running performance: 5:40 min/km

Rank in course/Total: 18 (of 35)

Rank in course/Men: 13 (of 25)

Best time in course: 33:02

Rank in category: 4(of 7)

Best time in the category: 35:29