



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

Schmidt, Knut

Club: Baerfelser Säcke

Number: 16

Course: 8.21 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 51:09

Speed: 9.63 km/h

Running performance: 6:14 min/km

Rank in course/Total: 27 (of 35)

Rank in course/Men: 19 (of 25)

Best time in course: 33:02

Rank in category: 2(of 2)

Best time in the category: 34:07