



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

**Hofer, Lars**

Club: Frauensee

Number: 34

Course: 8.21 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:10

Speed: 8.86 km/h

Running performance: 6:36 min/km

Rank in course/Total: 31 (of 35)

Rank in course/Men: 21 (of 25)

Best time in course: 33:02

Rank in category: 3(of 3)

Best time in the category: 33:02