



# 1. Crosslauf Frauensee

Frauensee / 10.07.2016

## Detailed evaluation

**August, Rene**

Club: Sole Runners Bad Salzungen

Number: 12

Course: 8.21 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 37:25

Speed: 12.83 km/h

Running performance: 4:34 min/km

Rank in course/Total: 7 (of 35)

Rank in course/Men: 7 (of 25)

Best time in course: 33:02

Rank in category: 3(of 5)

Best time in the category: 34:51