



10. Schlaubetalmarathon  
Eisenhüttenstadt / 15.10.2016

Detailed evaluation

Frahnow, Roman

Club: DC/DC Runners Frankfurt(Oder)  
Number: 155

Course: 10.55 km  
Viertelmarathon

Category:  
Senioren M35 (35-39 Jahre)

Total time: 46:22

Speed: 12.94 km/h

Rank in course/Total: 11 (of 94)

Rank in course/Men: 10 (of 56)

Best time in course: 34:56

Rank in category: 3(of 8)

Best time in the category: 41:49