



## 12. Inselsberg Marathon

Bad Tabarz / 02.07.2023

### Detailed evaluation

**Frank Witzenhausen**

Club: R.I.T.Z.E.L.R.O.C.K.E.T.S

Number: 60

Course: 18.30 km

1 Runde

Category:

A - Herren Masters 2-4

Total time: 1:38:54

Speed: 10.92 km/h

Running performance: 5:24 min/km

Rank in course/Total: 15 (of 20)

Rank in course/Men: 12 (of 16)

Best time in course: 1:08:41

Rank in category: 7(of 10)

Best time in the category: 1:13:41