



6. Lauf der Deutschen Einheit
Mühlhausen / 03.10.2009

Detailed evaluation

Elbert, Dieter

Club: Hainichläufer Mühlhausen
Number: 654

Course: 10.90 km
12 km Walking/ Nordic Walking

Category:
Walking/ Nordic Walking Männer

Total time: 2:08:20

Speed: 4.68 km/h
Running performance: 11:46 min/km

Rank in course/Total: 14 (of 14)

Rank in course/Men: 4 (of 4)

Best time in course: 1:46:08

Rank in category: 4(of 4)

Best time in the category: 1:46:08