



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Lauterbach, Ulrich

Club: Erfurt  
Number: 187

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:42:15

Speed: 9.98 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 60 (of 73)

Rank in course/Men: 55 (of 62)

Best time in course: 1:00:46

Rank in category: 15(of 17)

Best time in the category: 1:17:07