



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Kadur, Helfried

Club: SV Motor Tambach-Dietharz e.V.  
Number: 39

Course: 6.00 km  
6 km Lauf

Category:  
Männer M50

Total time: 30:59

Speed: 11.62 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 15 (of 37)

Rank in course/Men: 13 (of 24)

Best time in course: 23:46

Rank in category: 1(of 1)

Best time in the category: 30:59