



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Blumenstein, Tom

Club: Steuerakademie Thüringen  
Number: 17

Course: 6.00 km  
6 km Lauf

Category:  
Männer M20

Total time: 32:26

Speed: 11.10 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 21 (of 37)

Rank in course/Men: 17 (of 24)

Best time in course: 23:46

Rank in category: 5(of 5)

Best time in the category: 24:23