



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Laars, Sven-Erik

Club: 7 Täler  
Number: 35

Course: 6.00 km  
6 km Lauf

Category:  
Männer M40

Total time: 40:39

Speed: 8.86 km/h  
Running performance: 6:47 min/km

Rank in course/Total: 36 (of 37)

Rank in course/Men: 23 (of 24)

Best time in course: 23:46

Rank in category: 4(of 5)

Best time in the category: 25:38