



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Baumbach, Frank

Club: Rennsteiglaufverein
Number: 178

Course: 17.00 km
17 km-Lauf

Category:
Männer M40

Total time: 1:09:43

Speed: 14.63 km/h
Running performance: 4:06 min/km

Rank in course/Total: 5 (of 73)

Rank in course/Men: 5 (of 62)

Best time in course: 1:00:46

Rank in category: 1(of 8)

Best time in the category: 1:09:43