



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Hollander, Sven

Club: ZSG Waltershausen  
Number: 189

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M40

Total time: 1:09:59

Speed: 14.57 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 6 (of 73)

Rank in course/Men: 6 (of 62)

Best time in course: 1:00:46

Rank in category: 2(of 8)

Best time in the category: 1:09:43