



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Abraham, Daniel

Club: Luisenthal  
Number: 198

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M30

Total time: 1:12:29

Speed: 14.07 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 8 (of 73)

Rank in course/Men: 8 (of 62)

Best time in course: 1:00:46

Rank in category: 1(of 4)

Best time in the category: 1:12:29