



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Ludwig, Olaf

Number: 148

Course: 17.00 km
17 km-Lauf

Category:
Männer M40

Total time: 1:12:58

Speed: 13.98 km/h

Running performance: 4:17 min/km

Rank in course/Total: 9 (of 73)

Rank in course/Men: 9 (of 62)

Best time in course: 1:00:46

Rank in category: 3(of 8)

Best time in the category: 1:09:43