



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Heißner, Maik

Club: Alteburg- Laufftreff Arnstadt  
Number: 172

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M35

Total time: 1:15:01

Speed: 13.60 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 11 (of 73)

Rank in course/Men: 11 (of 62)

Best time in course: 1:00:46

Rank in category: 2(of 3)

Best time in the category: 1:09:32