



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Messing, Wolfgang

Club: Volleyballverein Georgenthal
Number: 136

Course: 17.00 km
17 km-Lauf

Category:
Männer M55

Total time: 1:15:15

Speed: 13.55 km/h
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 73)

Rank in course/Men: 12 (of 62)

Best time in course: 1:00:46

Rank in category: 1(of 4)

Best time in the category: 1:15:15