



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Beck, Ronald

Club: Naturfreunde Gotha e.V.  
Number: 144

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:17:07

Speed: 13.23 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 13 (of 73)

Rank in course/Men: 13 (of 62)

Best time in course: 1:00:46

Rank in category: 1(of 17)

Best time in the category: 1:17:07