



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Mascher, Reinhard

Club: sc-impuls Erfurt  
Number: 131

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:17:56

Speed: 13.09 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 14 (of 73)

Rank in course/Men: 14 (of 62)

Best time in course: 1:00:46

Rank in category: 2(of 17)

Best time in the category: 1:17:07