



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Müller, Jörg

Club: Berlin  
Number: 150

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M40

Total time: 1:18:06

Speed: 13.06 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 15 (of 73)

Rank in course/Men: 15 (of 62)

Best time in course: 1:00:46

Rank in category: 4(of 8)

Best time in the category: 1:09:43