



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Völker, Tino

Club: Dietzhausen

Number: 195

Course: 17.00 km

17 km-Lauf

Category:

Männer M40

Total time: 1:23:51

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 24 (of 73)

Rank in course/Men: 24 (of 62)

Best time in course: 1:00:46

Rank in category: 7(of 8)

Best time in the category: 1:09:43