



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Herda, Uwe

Club: Wölfis
Number: 167

Course: 17.00 km
17 km-Lauf

Category:
Männer M45

Total time: 1:26:40

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 28 (of 73)

Rank in course/Men: 28 (of 62)

Best time in course: 1:00:46

Rank in category: 7(of 17)

Best time in the category: 1:17:07