



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 181

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M55

Total time: 1:27:01

Speed: 11.72 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 29 (of 73)

Rank in course/Men: 29 (of 62)

Best time in course: 1:00:46

Rank in category: 2(of 4)

Best time in the category: 1:15:15