



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Hasenauer, Christof

Club: Niederwilligen  
Number: 138

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:29:55

Speed: 11.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 34 (of 73)

Rank in course/Men: 33 (of 62)

Best time in course: 1:00:46

Rank in category: 9(of 17)

Best time in the category: 1:17:07