



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Mecke, Frank

Club: Schmalkalden  
Number: 180

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M50

Total time: 1:30:15

Speed: 11.30 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 35 (of 73)

Rank in course/Men: 34 (of 62)

Best time in course: 1:00:46

Rank in category: 4(of 9)

Best time in the category: 1:11:56