



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Lier, Gerd

Club: gü-we läufer  
Number: 186

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:31:49

Speed: 11.11 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 40 (of 73)

Rank in course/Men: 38 (of 62)

Best time in course: 1:00:46

Rank in category: 11(of 17)

Best time in the category: 1:17:07