



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Höpfner, Ralf

Club: Gotha  
Number: 200

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:35:06

Speed: 10.73 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 46 (of 73)

Rank in course/Men: 44 (of 62)

Best time in course: 1:00:46

Rank in category: 13(of 17)

Best time in the category: 1:17:07