



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Häfner, Jörg

Club: BSG Wartburg-Sparkasse
Number: 174

Course: 17.00 km
17 km-Lauf

Category:
Männer M30

Total time: 1:35:16

Speed: 10.71 km/h
Running performance: 5:36 min/km

Rank in course/Total: 49 (of 73)

Rank in course/Men: 47 (of 62)

Best time in course: 1:00:46

Rank in category: 3(of 4)

Best time in the category: 1:12:29