



3. Zweitalsperrenlauf
Tambach Dietharz / 12.09.2010

Detailed evaluation

Arnold, Jens

Club: Steuerbüro Malsch
Number: 9

Course: 6.00 km
6 km Lauf

Category:
Männer M45

Total time: 27:37

Speed: 13.04 km/h
Running performance: 4:36 min/km

Rank in course/Total: 9 (of 37)

Rank in course/Men: 9 (of 24)

Best time in course: 23:46

Rank in category: 1(of 4)

Best time in the category: 27:37