



3. Zweitalsperrenlauf  
Tambach Dietharz / 12.09.2010

Detailed evaluation

Hennig, Bernhard

Club: SV Mihla  
Number: 154

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M60

Total time: 1:42:00

Speed: 10.00 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 59 (of 73)

Rank in course/Men: 54 (of 62)

Best time in course: 1:00:46

Rank in category: 6(of 7)

Best time in the category: 1:24:51