



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Unbehau, Rolf

Club: Großsaara  
Number: 155

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M55

Total time: 1:02:03

Speed: 9.67 km/h  
Running performance: 6:12 min/km

Rank in course/Total: 52 (of 55)

Rank in course/Men: 42 (of 43)

Best time in course: 37:54

Rank in category: 10(of 11)

Best time in the category: 42:55