



32. Schwarzatal-Lauf
Bad Blankenburg / 02.07.2011

Detailed evaluation

Michalk, Bernhard

Club: Rudolstadt
Number: 210

Course: 20.00 km
20 km-Lauf

Category:
Männer M45

Total time: 1:26:15

Speed: 13.91 km/h
Running performance: 4:19 min/km

Rank in course/Total: 13 (of 41)

Rank in course/Men: 13 (of 40)

Best time in course: 1:10:02

Rank in category: 5(of 14)

Best time in the category: 1:11:46