



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Schilder, Holger

Club: GMRL Verein  
Number: 214

Course: 20.00 km  
20 km-Lauf

Category:  
Männer M45

Total time: 1:28:35

Speed: 13.55 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 16 (of 41)

Rank in course/Men: 16 (of 40)

Best time in course: 1:10:02

Rank in category: 6(of 14)

Best time in the category: 1:11:46