



32. Schwarzatal-Lauf
Bad Blankenburg / 02.07.2011

Detailed evaluation

Macalla, Michael

Club: Volkssport Rudolstadt
Number: 227

Course: 20.00 km
20 km-Lauf

Category:
Männer M45

Total time: 1:38:08

Speed: 12.23 km/h
Running performance: 4:55 min/km

Rank in course/Total: 34 (of 41)

Rank in course/Men: 34 (of 40)

Best time in course: 1:10:02

Rank in category: 13(of 14)

Best time in the category: 1:11:46