



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Rudorf, Hans-Joachim

Club: FSV Meuselwitz  
Number: 137

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M55

Total time: 43:25

Speed: 13.82 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 5 (of 55)

Rank in course/Men: 4 (of 43)

Best time in course: 37:54

Rank in category: 2(of 11)

Best time in the category: 42:55