



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Esche, Karsten

Club: LSV Lok Arnstadt  
Number: 104

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M45

Total time: 46:34

Speed: 12.88 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 16 (of 55)

Rank in course/Men: 12 (of 43)

Best time in course: 37:54

Rank in category: 1(of 5)

Best time in the category: 46:34