



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Stange, Rüdiger

Club: Volkssport Leipzig

Number: 140

Course: 10.00 km

10 km-Lauf

Category:

Männer M45

Total time: 51:00

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 31 (of 55)

Rank in course/Men: 25 (of 43)

Best time in course: 37:54

Rank in category: 3(of 5)

Best time in the category: 46:34