



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee  
Number: 111

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M55

Total time: 51:40

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 35 (of 55)

Rank in course/Men: 29 (of 43)

Best time in course: 37:54

Rank in category: 9(of 11)

Best time in the category: 42:55