



32. Schwarzatal-Lauf  
Bad Blankenburg / 02.07.2011

Detailed evaluation

Seifert, Gerd

Club: Saalfelder LV  
Number: 159

Course: 10.00 km  
10 km-Lauf

Category:  
Männer M70

Total time: 58:12

Speed: 10.31 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 46 (of 55)

Rank in course/Men: 37 (of 43)

Best time in course: 37:54

Rank in category: 4(of 4)

Best time in the category: 43:58