



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Keßler, Manuel

Club: SG Jugendkraft Crawinkel
Number: 72

Course: 17.00 km
17 km-Lauf

Category:
Männer M30

Total time: 1:33:46

Speed: 10.88 km/h
Running performance: 5:31 min/km

Rank in course/Total: 58 (of 91)

Rank in course/Men: 52 (of 73)

Best time in course: 1:07:21

Rank in category: 5(of 6)

Best time in the category: 1:15:22