



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

Usbeck, Andreas

Club: Tambach-Dietharz  
Number: 28

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M20

Total time: 1:43:00

Speed: 9.90 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 73 (of 91)

Rank in course/Men: 63 (of 73)

Best time in course: 1:07:21

Rank in category: 4(of 4)

Best time in the category: 1:19:49