



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Blumenstein, Tom

Club: Steuerakademie Thüringen e.V.
Number: 110

Course: 6.00 km
6 km Lauf

Category:
Männer M20

Total time: 34:36

Speed: 10.40 km/h
Running performance: 5:46 min/km

Rank in course/Total: 14 (of 44)

Rank in course/Men: 12 (of 29)

Best time in course: 28:53

Rank in category: 4(of 6)

Best time in the category: 30:35