



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Lange, Ralf

Club: Concordia Gräfenhain
Number: 183

Course: 12.00 km
Nordic Walking

Category:
Männer

Total time: 2:08:10

Speed: 5.62 km/h
Running performance: 10:41 min/km

Rank in course/Total: 33 (of 33)

Rank in course/Men: 14 (of 14)

Best time in course: 1:34:11

Rank in category: 14(of 14)

Best time in the category: 1:34:11