



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Anschütz, Christian

Club: Erfurt
Number: 111

Course: 6.00 km
6 km Lauf

Category:
Männer M20

Total time: 35:35

Speed: 10.12 km/h
Running performance: 5:56 min/km

Rank in course/Total: 17 (of 44)

Rank in course/Men: 15 (of 29)

Best time in course: 28:53

Rank in category: 6(of 6)

Best time in the category: 30:35