



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Kadur, Helfried

Club: Tambach-Dietharz
Number: 120

Course: 6.00 km
6 km Lauf

Category:
Männer M50

Total time: 36:46

Speed: 9.79 km/h
Running performance: 6:08 min/km

Rank in course/Total: 19 (of 44)

Rank in course/Men: 17 (of 29)

Best time in course: 28:53

Rank in category: 3(of 7)

Best time in the category: 29:15