



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Laars, Sven-Erik

Club: 7 Täler
Number: 143

Course: 6.00 km
6 km Lauf

Category:
Männer M45

Total time: 47:26

Speed: 7.59 km/h
Running performance: 7:55 min/km

Rank in course/Total: 37 (of 44)

Rank in course/Men: 29 (of 29)

Best time in course: 28:53

Rank in category: 3(of 3)

Best time in the category: 32:28