



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Armenat, Martin

Club: EFC Ruhla 08
Number: 19

Course: 17.00 km
17 km-Lauf

Category:
Männer M30

Total time: 1:15:22

Speed: 13.53 km/h
Running performance: 4:26 min/km

Rank in course/Total: 7 (of 91)

Rank in course/Men: 7 (of 73)

Best time in course: 1:07:21

Rank in category: 1(of 6)

Best time in the category: 1:15:22