



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

Schäfer, Benjamin

Club: Team Epo  
Number: 136

Course: 6.00 km  
6 km Lauf

Category:  
Männer M20

Total time: 30:35

Speed: 11.77 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 5 (of 44)

Rank in course/Men: 5 (of 29)

Best time in course: 28:53

Rank in category: 1(of 6)

Best time in the category: 30:35