



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Beck, Ronald

Club: Naturfreunde Gotha e.V.
Number: 57

Course: 17.00 km
17 km-Lauf

Category:
Männer M45

Total time: 1:17:33

Speed: 13.15 km/h
Running performance: 4:34 min/km

Rank in course/Total: 11 (of 91)

Rank in course/Men: 11 (of 73)

Best time in course: 1:07:21

Rank in category: 2(of 16)

Best time in the category: 1:13:23