



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

Lessel, Benjamin

Club: SV Motor Tambach-Dietharz  
Number: 142

Course: 6.00 km  
6 km Lauf

Category:  
männliche Schüler A

Total time: 30:41

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 6 (of 44)

Rank in course/Men: 6 (of 29)

Best time in course: 28:53

Rank in category: 2(of 2)

Best time in the category: 29:38