



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Weisheit, Nico

Total time: 1:19:34

Club: Laufsportgruppe Helmers, Struth-Helmershof
Number: 30

Speed: 12.82 km/h

Running performance: 4:41 min/km

Course: 17.00 km
17 km-Lauf

Rank in course/Total: 18 (of 91)

Rank in course/Men: 17 (of 73)

Best time in course: 1:07:21

Category:
Männer M30

Rank in category: 2 (of 6)

Best time in the category: 1:15:22