



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

**Bense, Michael**

Club: SV Motor Tambach-Dietharz  
Number: 74

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M30

Total time: 1:21:38

Speed: 12.49 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 20 (of 91)

Rank in course/Men: 20 (of 73)

Best time in course: 1:07:21

Rank in category: 4(of 6)

Best time in the category: 1:15:22