



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

albrecht, stefan

Club: sv emsetal  
Number: 69

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:25:15

Speed: 11.96 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 30 (of 91)

Rank in course/Men: 29 (of 73)

Best time in course: 1:07:21

Rank in category: 4(of 16)

Best time in the category: 1:13:23