



4. Zweitalsperrenlauf  
Tambach Dietharz / 11.09.2011

Detailed evaluation

**Wolter, Steffen**

Club: RennsteigSpirit  
Number: 2

Course: 17.00 km  
17 km-Lauf

Category:  
Männer M45

Total time: 1:29:31

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 43 (of 91)

Rank in course/Men: 40 (of 73)

Best time in course: 1:07:21

Rank in category: 7(of 16)

Best time in the category: 1:13:23