



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Rausch, Uwe

Club: Tambach-Dietharz
Number: 4

Course: 17.00 km
17 km-Lauf

Category:
Männer M45

Total time: 1:30:34

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 45 (of 91)

Rank in course/Men: 42 (of 73)

Best time in course: 1:07:21

Rank in category: 8(of 16)

Best time in the category: 1:13:23