



4. Zweitalsperrenlauf
Tambach Dietharz / 11.09.2011

Detailed evaluation

Schneider, Detlef

Club: LG Friedrichroda
Number: 146

Course: 6.00 km
6 km Lauf

Category:
Männer M50

Total time: 31:17

Speed: 11.51 km/h
Running performance: 5:13 min/km

Rank in course/Total: 9 (of 44)

Rank in course/Men: 8 (of 29)

Best time in course: 28:53

Rank in category: 2(of 7)

Best time in the category: 29:15