



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Metz, Manfred**

Club: Tambach-Dietharz

Number: 45

Course: 17.00 km

17 km

Category:

Männer M55

Total time: 1:35:31

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 70 (of 84)

Rank in course/Men: 62 (of 71)

Best time in course: 1:07:27

Rank in category: 4(of 4)

Best time in the category: 1:12:31