



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Hövel, Heiko**

Club: SV Motor Tambach-Dietharz

Number: 189

Course: 6.00 km

6 km

Category:

Männer M40

Total time: 36:25

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 16 (of 28)

Rank in course/Men: 10 (of 12)

Best time in course: 24:25

Rank in category: 1(of 2)

Best time in the category: 36:25