



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Nauden, Roland**

Club: Erfurt  
Number: 167

Course: 6.00 km  
6 km

Category:  
Männer M40

Total time: 39:55

Speed: 9.02 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 23 (of 28)

Rank in course/Men: 11 (of 12)

Best time in course: 24:25

Rank in category: 2(of 2)

Best time in the category: 36:25