



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Bense, Michael**

Club: SV-Motor Tambach-Dietharz

Number: 7

Course: 17.00 km

17 km

Category:

Männer M30

Total time: 1:18:18

Speed: 13.03 km/h

Running performance: 4:37 min/km

Rank in course/Total: 18 (of 84)

Rank in course/Men: 18 (of 71)

Best time in course: 1:07:27

Rank in category: 2(of 7)

Best time in the category: 1:13:13