



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Beck, Roland**

Club: Naturfreunde Gotha

Number: 5

Course: 17.00 km

17 km

Category:

Männer M45

Total time: 1:20:20

Speed: 12.70 km/h

Running performance: 4:44 min/km

Rank in course/Total: 23 (of 84)

Rank in course/Men: 23 (of 71)

Best time in course: 1:07:27

Rank in category: 5(of 13)

Best time in the category: 1:15:41