



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Adam, Wolfgang**

Club: SC Impuls Erfurt

Number: 1

Course: 17.00 km

17 km

Category:

Männer M40

Total time: 1:20:42

Speed: 12.64 km/h

Running performance: 4:45 min/km

Rank in course/Total: 27 (of 84)

Rank in course/Men: 27 (of 71)

Best time in course: 1:07:27

Rank in category: 6(of 14)

Best time in the category: 1:09:08