



1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

Detailed evaluation

Lämmerhirt, Dennis

Club: RSV Pfeil Wingerode

Number: 37

Course: 17.00 km

17 km

Category:

Männer M20

Total time: 1:22:44

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 37 (of 84)

Rank in course/Men: 34 (of 71)

Best time in course: 1:07:27

Rank in category: 5(of 14)

Best time in the category: 1:07:27