



# 1. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 14.09.2008

## Detailed evaluation

**Tanz, Lars**

Club: Tambach\_Dietharz

Number: 86

Course: 17.00 km

17 km

Category:

Männer M30

Total time: 1:23:17

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 39 (of 84)

Rank in course/Men: 36 (of 71)

Best time in course: 1:07:27

Rank in category: 5(of 7)

Best time in the category: 1:13:13