



37. Tannaer Silvesterlauf

Tanna / 31.12.2008

Detailed evaluation

Steudel, Lars

Club: VfB Pausa

Number: 354

Course: 10.00 km

Lange Strecke

Category:

Männer M35

Total time: 45:52

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 42 (of 110)

Rank in course/Men: 42 (of 96)

Best time in course: 32:21

Rank in category: 7(of 17)

Best time in the category: 37:17