



37. Tannaer Silvesterlauf

Tanna / 31.12.2008

Detailed evaluation

Sprick, Ralf

Club: SV Tegau

Number: 351

Course: 3.60 km

Mittlere Strecke

Category:

Männer M45

Total time: 16:16

Speed: 13.28 km/h

Running performance: 4:31 min/km

Rank in course/Total: 44 (of 150)

Rank in course/Men: 42 (of 110)

Best time in course: 11:42

Rank in category: 4(of 9)

Best time in the category: 13:30