



37. Tannaer Silvesterlauf

Tanna / 31.12.2008

Detailed evaluation

Jahreis, Nico

Club: SV Fortuna Gefell

Number: 220

Course: 10.00 km

Lange Strecke

Category:

Männer M30

Total time: 35:32

Speed: 16.89 km/h

Running performance: 3:33 min/km

Rank in course/Total: 4 (of 110)

Rank in course/Men: 4 (of 96)

Best time in course: 32:21

Rank in category: 1(of 16)

Best time in the category: 35:32