



37. Tannaer Silvesterlauf

Tanna / 31.12.2008

Detailed evaluation

Metz, Danny

Club: VfB Pausa

Number: 284

Course: 3.60 km

Mittlere Strecke

Category:

Männer M30

Total time: 17:28

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 72 (of 150)

Rank in course/Men: 65 (of 110)

Best time in course: 11:42

Rank in category: 5(of 10)

Best time in the category: 15:24