



## 37. Tannaer Silvesterlauf

Tanna / 31.12.2008

### Detailed evaluation

**Lorenz, Ralf**

Club: ohne Verein

Number: 267

Course: 10.00 km

Lange Strecke

Category:

Männer M45

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 79 (of 110)

Rank in course/Men: 76 (of 96)

Best time in course: 32:21

Rank in category: 7(of 11)

Best time in the category: 43:17