



## 37. Tannaer Silvesterlauf

Tanna / 31.12.2008

### Detailed evaluation

#### Spranger, Karl-Heinz

Club: VS Meuselwitz

Number: 428

Course: 3.60 km

Mittlere Strecke

Category:

Männer M65

Total time: 18:14

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 90 (of 150)

Rank in course/Men: 80 (of 110)

Best time in course: 11:42

Rank in category: 2(of 3)

Best time in the category: 17:29