



## 37. Tannaer Silvesterlauf

Tanna / 31.12.2008

### Detailed evaluation

**Rüdiger, Mirko**

Club: LSV 49 Oettersdorf

Number: 469

Course: 10.00 km

Lange Strecke

Category:

Männer M30

Total time: 54:14

Speed: 11.06 km/h

Running performance: 5:25 min/km

Rank in course/Total: 92 (of 110)

Rank in course/Men: 86 (of 96)

Best time in course: 32:21

Rank in category: 16(of 16)

Best time in the category: 35:32