



## 37. Tannaer Silvesterlauf

Tanna / 31.12.2008

### Detailed evaluation

Lämmer, Olaf

Club: Lemnitz

Number: 430

Course: 3.60 km

Mittlere Strecke

Category:

Männer M45

Total time: 21:02

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 133 (of 150)

Rank in course/Men: 101 (of 110)

Best time in course: 11:42

Rank in category: 8(of 9)

Best time in the category: 13:30