



37. Tannaer Silvesterlauf
Tanna / 31.12.2008

Detailed evaluation

Rudolph, Steffen

Club: Iron Mind
Number: 330

Course: 10.00 km
Lange Strecke

Category:
Männer M40

Total time: 42:30

Speed: 14.12 km/h
Running performance: 4:15 min/km

Rank in course/Total: 25 (of 110)

Rank in course/Men: 25 (of 96)

Best time in course: 32:21

Rank in category: 6(of 8)

Best time in the category: 35:31