



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Seeber, Ralph

Club: Georgenthal

Number: 155

Course: 5.00 km

5 km Lauf

Category:

Männer M40

Total time: 26:39

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 1 (of 32)

Rank in course/Men: 1 (of 15)

Best time in course: 26:39

Rank in category: 1(of 4)

Best time in the category: 26:39