



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Nauder, Ronny**

Club: Kranichfeld

Number: 135

Course: 15.00 km

15 km-Lauf

Category:

Männer M20

Total time: 1:37:19

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 66 (of 76)

Rank in course/Men: 58 (of 65)

Best time in course: 1:03:24

Rank in category: 7(of 7)

Best time in the category: 1:13:44