



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

Schäfer, Heiko

Club: Gotha

Number: 152

Course: 5.00 km

5 km Lauf

Category:

Männer M35

Total time: 32:40

Speed: 9.18 km/h

Running performance: 6:32 min/km

Rank in course/Total: 11 (of 32)

Rank in course/Men: 7 (of 15)

Best time in course: 26:39

Rank in category: 1(of 1)

Best time in the category: 32:40