



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Stieding, René**

Club: Laufen um Anzukommen

Number: 138

Course: 15.00 km

15 km-Lauf

Category:

Männer M35

Total time: 1:55:53

Speed: 7.77 km/h

Running performance: 7:44 min/km

Rank in course/Total: 76 (of 76)

Rank in course/Men: 65 (of 65)

Best time in course: 1:03:24

Rank in category: 5(of 5)

Best time in the category: 1:12:05