



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Mauden, Roland**

Club: Erfurt

Number: 44

Course: 5.00 km

5 km Lauf

Category:

Männer M45

Total time: 37:32

Speed: 7.99 km/h

Running performance: 7:31 min/km

Rank in course/Total: 23 (of 32)

Rank in course/Men: 11 (of 15)

Best time in course: 26:39

Rank in category: 2(of 2)

Best time in the category: 34:43