



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Brandt, Sebastian

Club: Fitnesssoase Ohrdruf

Number: 110

Course: 5.00 km

5 km Lauf

Category:

Männer M20

Total time: 43:54

Speed: 6.83 km/h

Running performance: 8:47 min/km

Rank in course/Total: 27 (of 32)

Rank in course/Men: 13 (of 15)

Best time in course: 26:39

Rank in category: 3(of 4)

Best time in the category: 28:43