



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Abraham, Daniel

Club: Luisenthal

Number: 1

Course: 15.00 km

15 km-Lauf

Category:

Männer M30

Total time: 1:09:50

Speed: 12.89 km/h

Running performance: 4:40 min/km

Rank in course/Total: 5 (of 76)

Rank in course/Men: 5 (of 65)

Best time in course: 1:03:24

Rank in category: 3(of 5)

Best time in the category: 1:03:24