



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Spittel, Marcel

Club: Ohrdruf

Number: 157

Course: 5.00 km

5 km Lauf

Category:

Männer M20

Total time: 31:13

Speed: 9.61 km/h

Running performance: 6:14 min/km

Rank in course/Total: 6 (of 32)

Rank in course/Men: 4 (of 15)

Best time in course: 26:39

Rank in category: 2(of 4)

Best time in the category: 28:43