



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Jacob, Matthias**

Club: SV Motor Tambach-Dietharz e.V.

Number: 114

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:13:28

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 8 (of 76)

Rank in course/Men: 8 (of 65)

Best time in course: 1:03:24

Rank in category: 1(of 16)

Best time in the category: 1:13:28