



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Fleischmann, Heiko**

Club: Lauffreunde Gotha

Number: 148

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:14:24

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 10 (of 76)

Rank in course/Men: 10 (of 65)

Best time in course: 1:03:24

Rank in category: 2(of 16)

Best time in the category: 1:13:28