



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Messing, Wolfgang

Club: Volleyballverein Georgenthal

Number: 147

Course: 15.00 km

15 km-Lauf

Category:

Männer M50

Total time: 1:14:40

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 11 (of 76)

Rank in course/Men: 11 (of 65)

Best time in course: 1:03:24

Rank in category: 2(of 11)

Best time in the category: 1:11:59