



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Pohl, Mathias**

Club: LTV Erfurt

Number: 103

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:16:08

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 18 (of 76)

Rank in course/Men: 18 (of 65)

Best time in course: 1:03:24

Rank in category: 5(of 16)

Best time in the category: 1:13:28