



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Bense, Michael**

Club: Guided Missiles

Number: 109

Course: 15.00 km

15 km-Lauf

Category:

Männer M30

Total time: 1:19:06

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 24 (of 76)

Rank in course/Men: 24 (of 65)

Best time in course: 1:03:24

Rank in category: 5(of 5)

Best time in the category: 1:03:24