



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Keßler, Manuel**

Club: SG Jugendkraft Crawinkel

Number: 146

Course: 15.00 km

15 km-Lauf

Category:

Männer M20

Total time: 1:21:11

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 27 (of 76)

Rank in course/Men: 27 (of 65)

Best time in course: 1:03:24

Rank in category: 3(of 7)

Best time in the category: 1:13:44