



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Rose, Frank

Club: Behringen

Number: 149

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:21:42

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 29 (of 76)

Rank in course/Men: 29 (of 65)

Best time in course: 1:03:24

Rank in category: 9(of 16)

Best time in the category: 1:13:28