



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Ernst, Marcel

Club: SV 05 Friedrichroda

Number: 101

Course: 5.00 km

5 km Lauf

Category:

Männer M20

Total time: 28:43

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 3 (of 32)

Rank in course/Men: 2 (of 15)

Best time in course: 26:39

Rank in category: 1(of 4)

Best time in the category: 28:43