



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Menge, Andreas

Club: NW Team Luisenthal

Number: 142

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:25:43

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 38 (of 76)

Rank in course/Men: 37 (of 65)

Best time in course: 1:03:24

Rank in category: 11(of 16)

Best time in the category: 1:13:28