



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Nauber, Thomas**

Club: SpVgg Kranichfeld

Number: 134

Course: 15.00 km

15 km-Lauf

Category:

Männer M40

Total time: 1:27:06

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 43 (of 76)

Rank in course/Men: 41 (of 65)

Best time in course: 1:03:24

Rank in category: 9(of 10)

Best time in the category: 1:06:59