



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Lier, Gerd

Club: gü-we läufer

Number: 87

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:27:25

Speed: 10.30 km/h

Running performance: 5:50 min/km

Rank in course/Total: 45 (of 76)

Rank in course/Men: 43 (of 65)

Best time in course: 1:03:24

Rank in category: 12(of 16)

Best time in the category: 1:13:28