



2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

Detailed evaluation

Rausch, Uwe

Club: SV Motor Tambach

Number: 53

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:30:24

Speed: 9.96 km/h

Running performance: 6:02 min/km

Rank in course/Total: 51 (of 76)

Rank in course/Men: 48 (of 65)

Best time in course: 1:03:24

Rank in category: 14(of 16)

Best time in the category: 1:13:28