



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Metz, Manfred**

Club: Tambach-Dietharz

Number: 48

Course: 15.00 km

15 km-Lauf

Category:

Männer M55

Total time: 1:30:37

Speed: 9.93 km/h

Running performance: 6:02 min/km

Rank in course/Total: 52 (of 76)

Rank in course/Men: 49 (of 65)

Best time in course: 1:03:24

Rank in category: 3(of 3)

Best time in the category: 1:26:21