



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Höpfner, Ralf**

Club: Gotha

Number: 119

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:31:01

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 55 (of 76)

Rank in course/Men: 52 (of 65)

Best time in course: 1:03:24

Rank in category: 15(of 16)

Best time in the category: 1:13:28