



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Kadur, Helfried**

Club: SV Motor Tambach-Dietharz e.V.

Number: 145

Course: 5.00 km

5 km Lauf

Category:

Männer M50

Total time: 31:58

Speed: 9.38 km/h

Running performance: 6:23 min/km

Rank in course/Total: 9 (of 32)

Rank in course/Men: 6 (of 15)

Best time in course: 26:39

Rank in category: 1(of 1)

Best time in the category: 31:58