



## 2. Zweitalsperrenlauf Tambach-Dietharz

Tambach Dietharz / 13.09.2009

### Detailed evaluation

**Epperlein, Ralf**

Club: Naturfreunde Gotha e.V.

Number: 118

Course: 15.00 km

15 km-Lauf

Category:

Männer M45

Total time: 1:33:56

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 59 (of 76)

Rank in course/Men: 54 (of 65)

Best time in course: 1:03:24

Rank in category: 16(of 16)

Best time in the category: 1:13:28