



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Swiderski, Jan

Club: WSC07 Ruhla

Number: 85

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 54:39

Speed: 13.17 km/h

Running performance: 4:22 min/km

Rank in course/Total: 60 (of 297)

Rank in course/Men: 56 (of 234)

Best time in course: 42:14

Rank in category: 10(of 42)

Best time in the category: 48:26