



30. Wartburglauf Eisenach
Eisenach / 27.09.2009

Detailed evaluation

Freitag, Rüdiger

Club: Etterwinden

Number: 323

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 57:38

Speed: 12.49 km/h

Running performance: 4:37 min/km

Rank in course/Total: 97 (of 297)

Rank in course/Men: 92 (of 234)

Best time in course: 42:14

Rank in category: 17(of 42)

Best time in the category: 48:26