



30. Wartburglauf Eisenach  
Eisenach / 27.09.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt  
Number: 129

Course: 12.50 km  
Hauptlauf

Category:  
Männer M60

Total time: 1:04:22

Speed: 11.19 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 185 (of 297)

Rank in course/Men: 167 (of 234)

Best time in course: 42:14

Rank in category: 4(of 7)

Best time in the category: 55:27