



30. Wartburglauf Eisenach  
Eisenach / 27.09.2009

Detailed evaluation

Herbst, Thomas

Club: Rhöner WSV  
Number: 284

Course: 12.50 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:04:25

Speed: 11.18 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 187 (of 297)

Rank in course/Men: 169 (of 234)

Best time in course: 42:14

Rank in category: 33(of 39)

Best time in the category: 48:52