



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen/Göllingen

Number: 207

Course: 12.50 km

Hauptlauf

Category:

Männer M45

Total time: 1:15:09

Speed: 9.58 km/h

Running performance: 6:01 min/km

Rank in course/Total: 264 (of 297)

Rank in course/Men: 216 (of 234)

Best time in course: 42:14

Rank in category: 40(of 42)

Best time in the category: 48:26