



30. Wartburglauf Eisenach

Eisenach / 27.09.2009

Detailed evaluation

Adam, Wolfgang

Club: SC Impuls Erfurt

Number: 280

Course: 12.50 km

Hauptlauf

Category:

Männer M40

Total time: 1:02:58

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 164 (of 297)

Rank in course/Men: 149 (of 234)

Best time in course: 42:14

Rank in category: 29 (of 39)

Best time in the category: 48:52