



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Zachen, Frank

Club: Wolfsburg-Unkeroda

Number: 119

Course: 19.50 km

15 km Lauf

Category:

Männer M35

Total time: 1:39:58

Speed: 11.40 km/h

Running performance: 5:08 min/km

Rank in course/Total: 74 (of 105)

Rank in course/Men: 69 (of 87)

Best time in course: 1:00:19

Rank in category: 9(of 13)

Best time in the category: 1:18:07