



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

**Seiler, Christian**

Club: Laufclub Erfurt

Number: 12

Course: 19.50 km

15 km Lauf

Category:

Männer M20

Total time: 1:00:19

Speed: 18.90 km/h

Running performance: 3:05 min/km

Rank in course/Total: 1 (of 105)

Rank in course/Men: 1 (of 87)

Best time in course: 1:00:19

Rank in category: 1(of 15)

Best time in the category: 1:00:19