



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Swiderski, Jan

Club: WSC 07 Ruhla

Number: 78

Course: 19.50 km

15 km Lauf

Category:

Männer M40

Total time: 1:18:30

Speed: 14.52 km/h

Running performance: 4:02 min/km

Rank in course/Total: 16 (of 105)

Rank in course/Men: 14 (of 87)

Best time in course: 1:00:19

Rank in category: 2(of 12)

Best time in the category: 1:14:44