



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Dell, Nino

Club: Laufgruppe Dell

Number: 123

Course: 19.50 km

15 km Lauf

Category:

Männer M30

Total time: 1:19:02

Speed: 14.42 km/h

Running performance: 4:03 min/km

Rank in course/Total: 18 (of 105)

Rank in course/Men: 16 (of 87)

Best time in course: 1:00:19

Rank in category: 3(of 9)

Best time in the category: 1:00:45