



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Speck, Markus

Club: SV Eintracht Hitzeroide
Number: 45

Course: 19.50 km
15 km Lauf

Category:
Männer M30

Total time: 1:21:36

Speed: 13.97 km/h
Running performance: 4:11 min/km

Rank in course/Total: 28 (of 105)

Rank in course/Men: 26 (of 87)

Best time in course: 1:00:19

Rank in category: 5(of 9)

Best time in the category: 1:00:45