



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Aßmann, Holger

Club: Kindergarten Krauthausen

Number: 94

Course: 19.50 km

15 km Lauf

Category:

Männer M50

Total time: 1:29:09

Speed: 12.79 km/h

Running performance: 4:34 min/km

Rank in course/Total: 50 (of 105)

Rank in course/Men: 47 (of 87)

Best time in course: 1:00:19

Rank in category: 3(of 6)

Best time in the category: 1:22:59