



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen

Number: 120

Course: 19.50 km

15 km Lauf

Category:

Männer M45

Total time: 1:33:54

Speed: 12.14 km/h

Running performance: 4:49 min/km

Rank in course/Total: 58 (of 105)

Rank in course/Men: 55 (of 87)

Best time in course: 1:00:19

Rank in category: 9(of 12)

Best time in the category: 1:16:49