



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitung  
Number: 69

Course: 19.50 km  
15 km Lauf

Category:  
Männer M45

Total time: 1:35:02

Speed: 12.31 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 62 (of 105)

Rank in course/Men: 57 (of 87)

Best time in course: 1:00:19

Rank in category: 10(of 12)

Best time in the category: 1:16:49