



7. Pollmeier-Lauf Creuzburg
Creuzburg / 03.05.2008

Detailed evaluation

Aßmann, Hans-Jürgen

Club: Kindergarten Krauthausen
Number: 95

Course: 19.50 km
15 km Lauf

Category:
Männer M45

Total time: 1:35:54

Speed: 11.89 km/h
Running performance: 4:55 min/km

Rank in course/Total: 63 (of 105)

Rank in course/Men: 58 (of 87)

Best time in course: 1:00:19

Rank in category: 11(of 12)

Best time in the category: 1:16:49