



7. Pollmeier-Lauf Creuzburg  
Creuzburg / 03.05.2008

Detailed evaluation

Grund, Thomas

Club: SV Glückauf Sondershausen  
Number: 118

Course: 19.50 km  
15 km Lauf

Category:  
Männer M40

Total time: 1:38:43

Speed: 11.55 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 71 (of 105)

Rank in course/Men: 66 (of 87)

Best time in course: 1:00:19

Rank in category: 10(of 12)

Best time in the category: 1:14:44