



Pollmeierlauf Creuzburg
Creuzburg / 24.04.2010

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena

Number: 66

Course: 14.14 km

14 km-Lauf

Category:

Männer M55

Total time: 1:07:29

Speed: 12.45 km/h

Running performance: 4:46 min/km

Rank in course/Total: 23 (of 73)

Rank in course/Men: 23 (of 59)

Best time in course: 53:22

Rank in category: 1(of 5)

Best time in the category: 1:07:29