



Pollmeierlauf Creuzburg
Creuzburg / 24.04.2010

Detailed evaluation

Steffens, Sebastian

Club: LG Höltl

Number: 16

Course: 14.14 km

14 km-Lauf

Category:

Männer M30

Total time: 1:14:56

Speed: 11.21 km/h

Running performance: 5:18 min/km

Rank in course/Total: 41 (of 73)

Rank in course/Men: 38 (of 59)

Best time in course: 53:22

Rank in category: 3(of 3)

Best time in the category: 59:33