



Pollmeierlauf Creuzburg
Creuzburg / 24.04.2010

Detailed evaluation

Dunkel, Frank

Club: Großurschla
Number: 18

Course: 14.14 km
14 km-Lauf

Category:
Männer M45

Total time: 1:14:59

Speed: 11.20 km/h
Running performance: 5:18 min/km

Rank in course/Total: 42 (of 73)

Rank in course/Men: 39 (of 59)

Best time in course: 53:22

Rank in category: 5(of 11)

Best time in the category: 1:02:43