



Pollmeierlauf Creuzburg
Creuzburg / 24.04.2010

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitung
Number: 5

Course: 14.14 km
14 km-Lauf

Category:
Männer M45

Total time: 1:15:10

Speed: 11.18 km/h
Running performance: 5:19 min/km

Rank in course/Total: 44 (of 73)

Rank in course/Men: 41 (of 59)

Best time in course: 53:22

Rank in category: 7(of 11)

Best time in the category: 1:02:43