



Winterlaufserie des Eisenacher LV/ 1. Lauf
Creuzburg (Stiftsgut Wilhelmglücksbrunn - Saline) / 30.01.2011

Detailed evaluation

AßMANN, Holger

Club: Triathlon Jena/WSG Lobeda
Number: 154

Course: 12.30 km
Langdistanz

Category:
Männer M55

Total time: 56:58

Speed: 12.64 km/h
Running performance: 4:38 min/km

Rank in course/Total: 20 (of 56)

Rank in course/Men: 20 (of 48)

Best time in course: 40:18

Rank in category: 1(of 3)

Best time in the category: 56:58