



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Pflüger, Nico

Club: Team Q
Number: 356

Course: 11.30 km
Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 43:31

Speed: 15.17 km/h
Running performance: 3:51 min/km

Rank in course/Total: 5 (of 81)

Rank in course/Men: 5 (of 68)

Best time in course: 37:22

Rank in category: 1(of 8)

Best time in the category: 43:31