



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Hörning, Lothar

Club: roter Oktober
Number: 359

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:51

Speed: 15.05 km/h
Running performance: 3:53 min/km

Rank in course/Total: 6 (of 81)

Rank in course/Men: 6 (of 68)

Best time in course: 37:22

Rank in category: 1(of 13)

Best time in the category: 43:51