



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: WASPO 08 Göttingen Triathlon
Number: 293

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:31

Speed: 14.83 km/h
Running performance: 3:56 min/km

Rank in course/Total: 10 (of 81)

Rank in course/Men: 10 (of 68)

Best time in course: 37:22

Rank in category: 2(of 4)

Best time in the category: 43:51