



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

**Jakob, Thomas**

Club: Lutter  
Number: 350

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:58

Speed: 13.48 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 25 (of 81)

Rank in course/Men: 25 (of 68)

Best time in course: 37:22

Rank in category: 5(of 13)

Best time in the category: 43:51