



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

**Aßmann, Holger**

Club: Triathlon Jena

Number: 333

Course: 11.30 km

Langdistanz

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:52

Speed: 12.72 km/h

Running performance: 4:35 min/km

Rank in course/Total: 40 (of 81)

Rank in course/Men: 39 (of 68)

Best time in course: 37:22

Rank in category: 2(of 5)

Best time in the category: 49:27