



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

**Pohl, Wolfgang**

Club: SV Normania Treffurt  
Number: 303

Course: 11.30 km  
Langdistanz

Category:  
Senioren M60 (60-64 Jahre)

Total time: 53:38

Speed: 12.31 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 45 (of 81)

Rank in course/Men: 42 (of 68)

Best time in course: 37:22

Rank in category: 1(of 3)

Best time in the category: 53:38