



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt
Number: 296

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:32

Speed: 11.88 km/h
Running performance: 4:55 min/km

Rank in course/Total: 47 (of 81)

Rank in course/Men: 44 (of 68)

Best time in course: 37:22

Rank in category: 8(of 12)

Best time in the category: 44:18