



Winterlaufserie 2012, 1. Lauf
Creuzburg / 29.01.2012

Detailed evaluation

Helbig, H.-Peter

Club: Stedtfelder Rennsteigfreunde
Number: 48

Course: 5.50 km
Kurzdistanz

Category:
Senioren M65 (65-69 Jahre)

Total time: 32:45

Speed: 9.16 km/h
Running performance: 5:57 min/km

Rank in course/Total: 6 (of 13)

Rank in course/Men: 4 (of 7)

Best time in course: 19:55

Rank in category: 1(of 2)

Best time in the category: 32:45