



Winterlaufserie 2012, 2. Lauf  
Creuzburg / 26.02.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: WASPO 08 Göttingen Triathlon  
Number: 375

Course: 11.30 km  
Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 43:01

Speed: 15.34 km/h  
Running performance: 3:49 min/km

Rank in course/Total: 5 (of 102)

Rank in course/Men: 5 (of 79)

Best time in course: 37:05

Rank in category: 2(of 5)

Best time in the category: 42:31