



Winterlaufserie 2012, 2. Lauf
Creuzburg / 26.02.2012

Detailed evaluation

Aßmann, Holger

Club: Triathlon Jena

Number: 432

Course: 11.30 km

Langdistanz

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:13

Speed: 12.89 km/h

Running performance: 4:32 min/km

Rank in course/Total: 40 (of 102)

Rank in course/Men: 39 (of 79)

Best time in course: 37:05

Rank in category: 4(of 8)

Best time in the category: 48:55