



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Frank, Christian

Club: Stedtfelder Rennsteigfreunde
Number: 79

Course: 5.50 km
Kurzdistanz

Category:
Senioren M60 (60-64 Jahre)

Total time: 30:13

Speed: 10.92 km/h
Running performance: 5:29 min/km

Rank in course/Total: 15 (of 26)

Rank in course/Men: 13 (of 19)

Best time in course: 20:14

Rank in category: 1(of 1)

Best time in the category: 30:13