



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Pflüger, Nico

Club: Team Q

Number: 489

Course: 11.30 km

Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 42:53

Speed: 15.39 km/h

Running performance: 3:47 min/km

Rank in course/Total: 6 (of 68)

Rank in course/Men: 6 (of 54)

Best time in course: 36:48

Rank in category: 2(of 9)

Best time in the category: 42:24