



Winterlaufserie 2012, 3. Lauf  
Creuzburg / 25.03.2012

Detailed evaluation

Hörning, Lothar

Club: Team Roter Oktober  
Number: 395

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 42:57

Speed: 15.37 km/h  
Running performance: 3:48 min/km

Rank in course/Total: 7 (of 68)

Rank in course/Men: 7 (of 54)

Best time in course: 36:48

Rank in category: 2(of 11)

Best time in the category: 42:49