



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: WASPO 08 Göttingen Triathlon
Number: 478

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:12

Speed: 15.28 km/h
Running performance: 3:49 min/km

Rank in course/Total: 9 (of 68)

Rank in course/Men: 9 (of 54)

Best time in course: 36:48

Rank in category: 2(of 4)

Best time in the category: 42:39