



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Unruh, Manuel

Club: TV 03 Breitenbach
Number: 488

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:50

Speed: 14.40 km/h
Running performance: 4:04 min/km

Rank in course/Total: 15 (of 68)

Rank in course/Men: 15 (of 54)

Best time in course: 36:48

Rank in category: 5(of 11)

Best time in the category: 42:49