



Winterlaufserie 2012, 3. Lauf
Creuzburg / 25.03.2012

Detailed evaluation

Dunkel, Frank

Club: SV Normania Treffurt
Number: 482

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:07

Speed: 13.01 km/h
Running performance: 4:37 min/km

Rank in course/Total: 34 (of 68)

Rank in course/Men: 33 (of 54)

Best time in course: 36:48

Rank in category: 5(of 8)

Best time in the category: 46:04