



Winterlaufserie 2012, 3. Lauf  
Creuzburg / 25.03.2012

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda

Number: 82

Course: 5.50 km

Kurzdistanz

Category:

Senioren M50 (50-54 Jahre)

Total time: 26:43

Speed: 11.23 km/h

Running performance: 4:52 min/km

Rank in course/Total: 7 (of 26)

Rank in course/Men: 7 (of 19)

Best time in course: 20:14

Rank in category: 2(of 2)

Best time in the category: 24:52