



Creuzburger Stadtlauf
Creuzburg / 01.07.2012

Detailed evaluation

Lämmerhirt, Dennis

Club: Göttingen

Number: 16

Course: 13.50 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:06:45

Speed: 11.69 km/h

Running performance: 4:56 min/km

Rank in course/Total: 32 (of 94)

Rank in course/Men: 32 (of 74)

Best time in course: 48:38

Rank in category: 3(of 6)

Best time in the category: 56:08