



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo Göttingen

Number: 145

Course: 13.50 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:51

Speed: 12.41 km/h

Running performance: 4:40 min/km

Rank in course/Total: 16 (of 82)

Rank in course/Men: 15 (of 64)

Best time in course: 48:15

Rank in category: 2(of 4)

Best time in the category: 55:29