



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Sömmer, Fred

Club: BSG Wartburg-Sparkasse  
Number: 136

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:20:09

Speed: 9.73 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 71 (of 82)

Rank in course/Men: 59 (of 64)

Best time in course: 48:15

Rank in category: 12(of 13)

Best time in the category: 56:43