



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Rödiger, Alexander

Club: Eisenach

Number: 406

Course: 5.00 km

Kurzdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:13

Speed: 10.63 km/h

Running performance: 5:38 min/km

Rank in course/Total: 31 (of 62)

Rank in course/Men: 26 (of 40)

Best time in course: 19:37

Rank in category: 3(of 3)

Best time in the category: 22:03