



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Flachowsky, Gerhard

Club: Braunschweig  
Number: 440

Course: 5.00 km  
Kurzdistanz

Category:  
Senioren M65 (65-69 Jahre)

Total time: 29:54

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 45 (of 62)

Rank in course/Men: 36 (of 40)

Best time in course: 19:37

Rank in category: 1(of 1)

Best time in the category: 29:54