



2. Creuzburger Stadtlauf  
Creuzburg / 29.06.2013

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra

Number: 148

Course: 13.50 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 59:56

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 10 (of 82)

Rank in course/Men: 9 (of 64)

Best time in course: 48:15

Rank in category: 1(of 10)

Best time in the category: 59:56