



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Linhose, Frank

Club: Treffurt
Number: 930

Course: 11.30 km
Langdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 59:29

Speed: 11.10 km/h
Running performance: 5:16 min/km

Rank in course/Total: 55 (of 79)

Rank in course/Men: 50 (of 62)

Best time in course: 43:14

Rank in category: 8(of 10)

Best time in the category: 48:19