



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Amstein, Thomas

Club: Wahns
Number: 854

Course: 11.30 km
Langdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:00:56

Speed: 10.83 km/h
Running performance: 5:23 min/km

Rank in course/Total: 60 (of 79)

Rank in course/Men: 54 (of 62)

Best time in course: 43:14

Rank in category: 9(of 10)

Best time in the category: 48:19