



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

**Werner, Ralf**

Club: Fitness Arena Eisenach  
Number: 893

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:33

Speed: 10.07 km/h  
Running performance: 5:48 min/km

Rank in course/Total: 71 (of 79)

Rank in course/Men: 58 (of 62)

Best time in course: 43:14

Rank in category: 10(of 11)

Best time in the category: 48:17