



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Koch, Dominik

Club: rLV / LG Süd
Number: 990

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:14

Speed: 15.27 km/h
Running performance: 3:50 min/km

Rank in course/Total: 1 (of 79)

Rank in course/Men: 1 (of 62)

Best time in course: 43:14

Rank in category: 1(of 14)

Best time in the category: 43:14