



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra Brakel
Number: 988

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:07

Speed: 14.31 km/h
Running performance: 4:05 min/km

Rank in course/Total: 5 (of 79)

Rank in course/Men: 5 (of 62)

Best time in course: 43:14

Rank in category: 3(of 14)

Best time in the category: 43:14