



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub
Number: 880

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:47

Speed: 13.81 km/h
Running performance: 4:14 min/km

Rank in course/Total: 7 (of 79)

Rank in course/Men: 7 (of 62)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 47:47