



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse
Number: 973

Course: 11.30 km
Langdistanz

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:16

Speed: 13.13 km/h
Running performance: 4:27 min/km

Rank in course/Total: 15 (of 79)

Rank in course/Men: 14 (of 62)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 50:16