



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Gernke, Markus

Club: Werratal Runners
Number: 982

Course: 11.30 km
Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 50:36

Speed: 13.04 km/h
Running performance: 4:29 min/km

Rank in course/Total: 16 (of 79)

Rank in course/Men: 15 (of 62)

Best time in course: 43:14

Rank in category: 4(of 11)

Best time in the category: 45:00