



4. Winterlaufserie 2014, Lauf 1
Creuzburg / 26.01.2014

Detailed evaluation

Rosenbaum, Ralf

Club: Triathlon Friedrichroda
Number: 993

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:32

Speed: 12.81 km/h
Running performance: 4:34 min/km

Rank in course/Total: 17 (of 79)

Rank in course/Men: 16 (of 62)

Best time in course: 43:14

Rank in category: 2(of 11)

Best time in the category: 48:17