



4. Winterlaufserie 2014, Lauf 1  
Creuzburg / 26.01.2014

Detailed evaluation

Jakob, Thomas

Club: Lutter  
Number: 986

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 54:18

Speed: 12.15 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 31 (of 79)

Rank in course/Men: 30 (of 62)

Best time in course: 43:14

Rank in category: 6(of 11)

Best time in the category: 48:17