



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Amsteim, Thomas

Club: Wahns

Number: 12

Course: 11.30 km

Langdistanz

Category:

Senioren M50 (50-54 Jahre)

Total time: 56:49

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 62 (of 75)

Rank in course/Men: 52 (of 62)

Best time in course: 37:29

Rank in category: 10(of 13)

Best time in the category: 43:55