



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Jan, Matthes

Club: Laufftreff Breitung  
Number: 30

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 29:43

Speed: 10.10 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 26 (of 48)

Rank in course/Men: 18 (of 32)

Best time in course: 19:29

Rank in category: 4(of 5)

Best time in the category: 23:39