



4. Winterlaufserie 2014, Lauf 2
Creuzburg / 23.02.2014

Detailed evaluation

Posniak, Joerg

Club: Strausfurt

Number: 32

Course: 5.50 km

Kurzdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 29:49

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 28 (of 48)

Rank in course/Men: 20 (of 32)

Best time in course: 19:29

Rank in category: 4(of 4)

Best time in the category: 19:52