



4. Winterlaufserie 2014, Lauf 2
Creuzburg / 23.02.2014

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra Brakel
Number: 876

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:17

Speed: 15.25 km/h
Running performance: 3:50 min/km

Rank in course/Total: 6 (of 75)

Rank in course/Men: 6 (of 62)

Best time in course: 37:29

Rank in category: 1(of 12)

Best time in the category: 43:17