



4. Winterlaufserie 2014, Lauf 2
Creuzburg / 23.02.2014

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub
Number: 16

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:31

Speed: 15.17 km/h
Running performance: 3:51 min/km

Rank in course/Total: 9 (of 75)

Rank in course/Men: 9 (of 62)

Best time in course: 37:29

Rank in category: 3(of 6)

Best time in the category: 37:29