



4. Winterlaufserie 2014, Lauf 2  
Creuzburg / 23.02.2014

Detailed evaluation

Rosenbaum, Ralf

Club: Sättelstädt  
Number: 87

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:06

Speed: 13.72 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 22 (of 75)

Rank in course/Men: 21 (of 62)

Best time in course: 37:29

Rank in category: 1(of 3)

Best time in the category: 48:06