



6. Lauf Rund um das Schaubergwerk Röhrigschacht  
Sangerhausen / 29.03.2014

Detailed evaluation

Rüdiger, Steffen

Club: Sangerhausen  
Number: 102

Course: 14.60 km  
14,6 km Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:11:33

Speed: 11.74 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 14 (of 66)

Rank in course/Men: 14 (of 56)

Best time in course: 55:56

Rank in category: 3(of 12)

Best time in the category: 1:02:04