



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Amstein, Thomas

Club: Laufftreff Breitungen
Number: 98

Course: 11.30 km
Langdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 54:41

Speed: 12.07 km/h
Running performance: 4:50 min/km

Rank in course/Total: 45 (of 62)

Rank in course/Men: 41 (of 54)

Best time in course: 40:41

Rank in category: 6(of 9)

Best time in the category: 44:07