



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Chlaß, Steffen

Club: Wildeck/Obersuhl  
Number: 140

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:01

Speed: 12.00 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 46 (of 62)

Rank in course/Men: 42 (of 54)

Best time in course: 40:41

Rank in category: 6(of 8)

Best time in the category: 44:59