



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Käppler, Gerd

Club: SV Normania Treffurt
Number: 134

Course: 11.30 km
Langdistanz

Category:
Senioren M55 (55-59 Jahre)

Total time: 57:16

Speed: 11.53 km/h
Running performance: 5:04 min/km

Rank in course/Total: 50 (of 62)

Rank in course/Men: 45 (of 54)

Best time in course: 40:41

Rank in category: 6(of 7)

Best time in the category: 43:08