



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiß 90 Creuzburg
Number: 138

Course: 11.30 km
Langdistanz

Category:
Senioren M70 (70-74 Jahre)

Total time: 59:26

Speed: 11.10 km/h
Running performance: 5:16 min/km

Rank in course/Total: 51 (of 62)

Rank in course/Men: 46 (of 54)

Best time in course: 40:41

Rank in category: 1(of 3)

Best time in the category: 59:26