



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Matthes, Jan

Club: Lauffreife Breitung
Number: 137

Course: 11.30 km
Langdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:02:46

Speed: 10.52 km/h
Running performance: 5:33 min/km

Rank in course/Total: 58 (of 62)

Rank in course/Men: 51 (of 54)

Best time in course: 40:41

Rank in category: 8(of 9)

Best time in the category: 44:07