



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Bechstein, Michael

Club: Sonntagsläufer Tambach-Dietharz
Number: 103

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:07:50

Speed: 9.73 km/h
Running performance: 6:00 min/km

Rank in course/Total: 62 (of 62)

Rank in course/Men: 54 (of 54)

Best time in course: 40:41

Rank in category: 8(of 8)

Best time in the category: 44:59