



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Kellner, Roland

Club: SpVgg Faulungen

Number: 57

Course: 5.50 km

Kurzdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 24:21

Speed: 12.32 km/h

Running performance: 4:26 min/km

Rank in course/Total: 16 (of 58)

Rank in course/Men: 15 (of 38)

Best time in course: 19:02

Rank in category: 1(of 2)

Best time in the category: 24:21