



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

**Weber, Rudi**

Club: Stedtfelder Rennsteigfreunde  
Number: 3

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 29:01

Speed: 10.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 40 (of 58)

Rank in course/Men: 29 (of 38)

Best time in course: 19:02

Rank in category: 1(of 4)

Best time in the category: 29:01