



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Facius, Tilo

Club: Krauthausen  
Number: 40

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 29:43

Speed: 10.10 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 46 (of 58)

Rank in course/Men: 31 (of 38)

Best time in course: 19:02

Rank in category: 3(of 3)

Best time in the category: 19:38