



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub  
Number: 96

Course: 11.30 km  
Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:26

Speed: 15.55 km/h  
Running performance: 3:46 min/km

Rank in course/Total: 5 (of 62)

Rank in course/Men: 5 (of 54)

Best time in course: 40:41

Rank in category: 1(of 4)

Best time in the category: 42:26