



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Schmalz, Frank

Club: Leimbach

Number: 132

Course: 11.30 km

Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:28

Speed: 14.52 km/h

Running performance: 4:01 min/km

Rank in course/Total: 12 (of 62)

Rank in course/Men: 12 (of 54)

Best time in course: 40:41

Rank in category: 4(of 9)

Best time in the category: 41:07