



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Mierke, Stephan

Club: WSV Beverungen

Number: 141

Course: 11.30 km

Langdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 45:56

Speed: 14.37 km/h

Running performance: 4:04 min/km

Rank in course/Total: 13 (of 62)

Rank in course/Men: 13 (of 54)

Best time in course: 40:41

Rank in category: 3(of 7)

Best time in the category: 41:23