



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Gellert, Christopher

Club: FSV Schmalkalden
Number: 135

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:21

Speed: 14.24 km/h
Running performance: 4:06 min/km

Rank in course/Total: 14 (of 62)

Rank in course/Men: 14 (of 54)

Best time in course: 40:41

Rank in category: 2(of 4)

Best time in the category: 42:26