



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Krüger, Thomas

Club: Marksuhl

Number: 144

Course: 11.30 km

Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:39

Speed: 14.15 km/h

Running performance: 4:08 min/km

Rank in course/Total: 15 (of 62)

Rank in course/Men: 15 (of 54)

Best time in course: 40:41

Rank in category: 5(of 9)

Best time in the category: 41:07