



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Dittmann, Jens

Club: Rot Weiß Scherbda
Number: 147

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:20

Speed: 13.66 km/h
Running performance: 4:17 min/km

Rank in course/Total: 21 (of 62)

Rank in course/Men: 20 (of 54)

Best time in course: 40:41

Rank in category: 4(of 7)

Best time in the category: 41:23