



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Jacob, Sven

Club: KS-Sportsworld  
Number: 121

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:47

Speed: 13.26 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 25 (of 62)

Rank in course/Men: 24 (of 54)

Best time in course: 40:41

Rank in category: 2(of 8)

Best time in the category: 44:59