



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Völker, Sven-Uwe

Club: Eisenach

Number: 114

Course: 11.30 km

Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 51:30

Speed: 12.82 km/h

Running performance: 4:34 min/km

Rank in course/Total: 32 (of 62)

Rank in course/Men: 30 (of 54)

Best time in course: 40:41

Rank in category: 3(of 8)

Best time in the category: 44:59