



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

Göcking, Thomas

Club: Wartburg Sparkasse  
Number: 150

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 51:58

Speed: 12.70 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 35 (of 62)

Rank in course/Men: 33 (of 54)

Best time in course: 40:41

Rank in category: 7(of 7)

Best time in the category: 41:23