



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Patzenhauer, Holger

Club: SV Blau Weiß 90 Creuzburg
Number: 109

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:31

Speed: 12.33 km/h
Running performance: 4:44 min/km

Rank in course/Total: 40 (of 62)

Rank in course/Men: 37 (of 54)

Best time in course: 40:41

Rank in category: 5(of 8)

Best time in the category: 44:59