



4. Winterlaufserie 2014, Lauf 3
Creuzburg / 30.03.2014

Detailed evaluation

Häfner, Jörg

Club: Eisenach

Number: 125

Course: 11.30 km

Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 53:43

Speed: 12.29 km/h

Running performance: 4:45 min/km

Rank in course/Total: 41 (of 62)

Rank in course/Men: 38 (of 54)

Best time in course: 40:41

Rank in category: 8(of 9)

Best time in the category: 41:07