



# 11. Town&Country Rennsteigquerung 2014

Bad Salzungen / 01.06.2014

## Detailed evaluation

**Ostrowski, Jörg**

Club: LG Hamm

Number: 35

Course: 44.00 km

Marathon

Category:

Senioren M45

Total time: 4:32:15

Speed: 9.70 km/h

Running performance: 6:11 min/km

Rank in course/Total: 11 (of 25)

Rank in course/Men: 10 (of 21)

Best time in course: 3:05:50

Rank in category: 3(of 5)

Best time in the category: 3:45:20