



14. Kirschlauf
Kleinfahner / 15.06.2014

Detailed evaluation

Nowak, Jens

Club: Elxleben

Number: 88

Course: 14.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:16:07

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 97 (of 222)

Rank in course/Men: 87 (of 166)

Best time in course: 52:15

Rank in category: 12(of 25)

Best time in the category: 52:45