



3. Creuzburger Stadtlauf Creuzburg / 28.06.2014

Detailed evaluation

Nou, Jonas

Club: SV Normania Treffurt
Number: 855

Course: 13.50 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:03:44

Speed: 12.24 km/h
Running performance: 4:43 min/km

Rank in course/Total: 27 (of 100)

Rank in course/Men: 27 (of 80)

Best time in course: 51:48

Rank in category: 7(of 16)

Best time in the category: 56:00