



3. Creuzburger Stadtlauf
Creuzburg / 28.06.2014

Detailed evaluation

Kölsch, Wolfgang

Club: Ostwest Express e.V.
Number: 787

Course: 13.50 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:00

Speed: 12.19 km/h
Running performance: 4:44 min/km

Rank in course/Total: 29 (of 100)

Rank in course/Men: 28 (of 80)

Best time in course: 51:48

Rank in category: 8(of 16)

Best time in the category: 56:00