



3. Creuzburger Stadtlauf  
Creuzburg / 28.06.2014

Detailed evaluation

Oßwald, Bernd

Club: Lt Alt Erkrath  
Number: 864

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:10:37

Speed: 11.05 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 55 (of 100)

Rank in course/Men: 47 (of 80)

Best time in course: 51:48

Rank in category: 7(of 11)

Best time in the category: 57:22