



3. Creuzburger Stadtlauf
Creuzburg / 28.06.2014

Detailed evaluation

Schmidt, Knut

Club: Langenfeld

Number: 473

Course: 5.00 km

Kurzdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:11

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 13 (of 44)

Rank in course/Men: 12 (of 31)

Best time in course: 19:36

Rank in category: 2(of 3)

Best time in the category: 20:37