



3. Creuzburger Stadtlauf
Creuzburg / 28.06.2014

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 819

Course: 13.50 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 58:04

Speed: 13.43 km/h

Running performance: 4:18 min/km

Rank in course/Total: 12 (of 100)

Rank in course/Men: 12 (of 80)

Best time in course: 51:48

Rank in category: 1(of 4)

Best time in the category: 58:04