



1. Abbel-Lauf des TSV Berkersheim

Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

Könnecke, Jan

Club: TSV Berkersheim

Number: 45

Course: 5.00 km

Jedermannlauf

Category:

Senioren M40 (40-49 Jahre)

Total time: 27:08

Speed: 11.06 km/h

Running performance: 5:26 min/km

Rank in course/Total: 8 (of 27)

Rank in course/Men: 7 (of 17)

Best time in course: 23:41

Rank in category: 4(of 8)

Best time in the category: 24:32