



7. Lauf Rund um das Schaubergwerk Röhrigschacht
Sangerhausen / 28.03.2015

Detailed evaluation

Pflüger, Nico

Club: Team Q

Number: 245

Course: 14.60 km

14,6 km Lauf - Steigerschleife

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:04:22

Speed: 13.61 km/h

Running performance: 4:25 min/km

Rank in course/Total: 11 (of 136)

Rank in course/Men: 6 (of 116)

Best time in course: 56:36

Rank in category: 2(of 24)

Best time in the category: 1:02:52