



7. Lauf Rund um das Schaubergwerk Röhrigschacht
Sangerhausen / 28.03.2015

Detailed evaluation

Hensmanns, Thomas

Club: KSV Baunatal

Number: 86

Course: 14.60 km

14,6 km Lauf - Steigerschleife

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:11:53

Speed: 11.69 km/h

Running performance: 4:55 min/km

Rank in course/Total: 31 (of 136)

Rank in course/Men: 16 (of 116)

Best time in course: 56:36

Rank in category: 4(of 20)

Best time in the category: 1:05:13