



4. Creuzburger Stadtlauf  
Creuzburg / 27.06.2015

Detailed evaluation

Ruder, Justin

Club: Ifta

Number: 533

Course: 5.00 km

Kurzstanz

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 22:55

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 6 (of 24)

Rank in course/Men: 6 (of 16)

Best time in course: 19:14

Rank in category: 1(of 3)

Best time in the category: 22:55