



4. Creuzburger Stadtlauf

Creuzburg / 27.06.2015

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 966

Course: 13.50 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:58

Speed: 14.45 km/h

Running performance: 4:00 min/km

Rank in course/Total: 5 (of 111)

Rank in course/Men: 5 (of 83)

Best time in course: 51:23

Rank in category: 1(of 9)

Best time in the category: 53:58