



12. Town & Country Rennsteigquerung

Welterbe-Luther-Region / 28.06.2015

Detailed evaluation

Welde, Uwe

Club: LT Altensteiner Park

Number: 504

Course: 10.00 km

Viertelmarathon (Lauf)

Category:

Senioren M45

Total time: 59:59

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 22 (of 55)

Rank in course/Men: 20 (of 39)

Best time in course: 44:20

Rank in category: 4(of 7)

Best time in the category: 44:52