



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Aßmann, Holger

Club: Triathlon Eisenach

Number: 211

Course: 11.30 km

Langdistanz

Category:

Senioren M60 (60-64 Jahre)

Total time: 55:38

Speed: 11.86 km/h

Running performance: 4:55 min/km

Rank in course/Total: 97 (of 156)

Rank in course/Men: 47 (of 138)

Best time in course: 39:43

Rank in category: 1(of 6)

Best time in the category: 55:38