



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiß 90 Creuzburg  
Number: 199

Course: 11.30 km  
Langdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 57:23

Speed: 11.50 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 115 (of 156)

Rank in course/Men: 55 (of 138)

Best time in course: 39:43

Rank in category: 1(of 2)

Best time in the category: 57:23