



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Plewka, Ryszard

Club: Eisenach

Number: 176

Course: 11.30 km

Langdistanz

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:03:12

Speed: 10.44 km/h

Running performance: 5:35 min/km

Rank in course/Total: 143 (of 156)

Rank in course/Men: 64 (of 138)

Best time in course: 39:43

Rank in category: 3(of 6)

Best time in the category: 55:38