



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Ertel, Frank

Club: Mühlhäuser Laufwölfe
Number: 209

Course: 11.30 km
Langdistanz

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:05:35

Speed: 10.06 km/h
Running performance: 5:48 min/km

Rank in course/Total: 151 (of 156)

Rank in course/Men: 68 (of 138)

Best time in course: 39:43

Rank in category: 5(of 10)

Best time in the category: 46:12