



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

Hose, Ronny

Club: Amt Wachsenburg  
Number: 75

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M35 (35-39 Jahre)

Total time: 29:46

Speed: 10.08 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 75 (of 110)

Rank in course/Men: 31 (of 80)

Best time in course: 20:42

Rank in category: 4(of 8)

Best time in the category: 21:55