



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Knopf, Stephan

Club: SV Nordhausen Triathlon
Number: 222

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 39:43

Speed: 16.62 km/h
Running performance: 3:31 min/km

Rank in course/Total: 1 (of 156)

Rank in course/Men: 1 (of 138)

Best time in course: 39:43

Rank in category: 1(of 16)

Best time in the category: 39:43