



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub e.V.  
Number: 172

Course: 11.30 km  
Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:56

Speed: 15.79 km/h  
Running performance: 3:48 min/km

Rank in course/Total: 9 (of 156)

Rank in course/Men: 5 (of 138)

Best time in course: 39:43

Rank in category: 3(of 16)

Best time in the category: 39:43