



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Pflüger, Nico

Club: Team Q
Number: 175

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:47

Speed: 14.74 km/h
Running performance: 3:58 min/km

Rank in course/Total: 21 (of 156)

Rank in course/Men: 11 (of 138)

Best time in course: 39:43

Rank in category: 4(of 24)

Best time in the category: 43:25