



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Heering, Alexander

Club: ESSV

Number: 218

Course: 11.30 km

Langdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:05

Speed: 14.32 km/h

Running performance: 4:05 min/km

Rank in course/Total: 23 (of 156)

Rank in course/Men: 12 (of 138)

Best time in course: 39:43

Rank in category: 4(of 16)

Best time in the category: 39:43