



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Staufenbiel, Jörg

Club: SV 1921 Diedorf
Number: 196

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:21

Speed: 14.24 km/h
Running performance: 4:06 min/km

Rank in course/Total: 31 (of 156)

Rank in course/Men: 16 (of 138)

Best time in course: 39:43

Rank in category: 5(of 24)

Best time in the category: 43:25