



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Rosenbaum, Ralf

Club: Triathlon Friedrichroda
Number: 223

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:42

Speed: 13.84 km/h
Running performance: 4:13 min/km

Rank in course/Total: 37 (of 156)

Rank in course/Men: 19 (of 138)

Best time in course: 39:43

Rank in category: 2(of 20)

Best time in the category: 46:49