



Winterlaufserie 2015 / 1.Lauf  
Creuzburg / 25.01.2015

Detailed evaluation

**Kölsch, Wolfgang**

Club: Ostwest Express e.V.  
Number: 169

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 48:11

Speed: 13.70 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 43 (of 156)

Rank in course/Men: 22 (of 138)

Best time in course: 39:43

Rank in category: 3(of 26)

Best time in the category: 44:26