



Winterlaufserie 2015 / 1.Lauf
Creuzburg / 25.01.2015

Detailed evaluation

Jakob, Thomas

Club: Lutter
Number: 192

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 52:25

Speed: 12.59 km/h
Running performance: 4:38 min/km

Rank in course/Total: 75 (of 156)

Rank in course/Men: 37 (of 138)

Best time in course: 39:43

Rank in category: 8(of 20)

Best time in the category: 46:49