



Winterlaufserie 2015 / 2.Lauf
Creuzburg / 22.02.2015

Detailed evaluation

Ertel, Frank

Club: Mühlhäuser Laufwölfe
Number: 304

Course: 11.30 km
Langdistanz

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:45

Speed: 10.35 km/h
Running performance: 5:38 min/km

Rank in course/Total: 125 (of 144)

Rank in course/Men: 54 (of 116)

Best time in course: 37:53

Rank in category: 4(of 8)

Best time in the category: 45:47