



Winterlaufserie 2015 / 2.Lauf
Creuzburg / 22.02.2015

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub e.V.
Number: 252

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 42:50

Speed: 15.41 km/h
Running performance: 3:47 min/km

Rank in course/Total: 9 (of 144)

Rank in course/Men: 5 (of 116)

Best time in course: 37:53

Rank in category: 3(of 16)

Best time in the category: 37:53