



Winterlaufserie 2015 / 2.Lauf
Creuzburg / 22.02.2015

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra
Number: 288

Course: 11.30 km
Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 43:04

Speed: 15.33 km/h
Running performance: 3:49 min/km

Rank in course/Total: 11 (of 144)

Rank in course/Men: 6 (of 116)

Best time in course: 37:53

Rank in category: 2(of 24)

Best time in the category: 42:01