



Winterlaufserie 2015 / 2.Lauf
Creuzburg / 22.02.2015

Detailed evaluation

Frenz, Sascha

Club: LT Moorgrund
Number: 289

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 55:01

Speed: 12.32 km/h
Running performance: 4:52 min/km

Rank in course/Total: 77 (of 144)

Rank in course/Men: 34 (of 116)

Best time in course: 37:53

Rank in category: 7(of 16)

Best time in the category: 37:53