



Winterlaufserie 2015 / 2.Lauf  
Creuzburg / 22.02.2015

Detailed evaluation

Ziran, Oliver

Number: 296

Course: 11.30 km  
Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 56:16

Speed: 11.73 km/h

Running performance: 4:59 min/km

Rank in course/Total: 81 (of 144)

Rank in course/Men: 36 (of 116)

Best time in course: 37:53

Rank in category: 8(of 16)

Best time in the category: 37:53