



Winterlaufserie 2015 / 3.Lauf
Creuzburg / 29.03.2015

Detailed evaluation

Richardt, Thomas

Club: Alter Nordhäuser Bahnhof
Number: 191

Course: 5.50 km
Kurzdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 28:44

Speed: 10.44 km/h
Running performance: 5:13 min/km

Rank in course/Total: 61 (of 100)

Rank in course/Men: 24 (of 74)

Best time in course: 20:25

Rank in category: 5(of 12)

Best time in the category: 25:13