



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Koch, Dominik

Club: Rennsteiglaufverein LG Süd  
Number: 324

Course: 11.30 km  
Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 39:49

Speed: 16.58 km/h  
Running performance: 3:31 min/km

Rank in course/Total: 1 (of 98)

Rank in course/Men: 1 (of 82)

Best time in course: 39:49

Rank in category: 1(of 12)

Best time in the category: 39:49