



Winterlaufserie 2015 / 3.Lauf
Creuzburg / 29.03.2015

Detailed evaluation

Lämmerhirt, Dennis

Club: 1. Eichsfelder Sportclub e.V.
Number: 326

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 43:49

Speed: 15.06 km/h
Running performance: 3:53 min/km

Rank in course/Total: 9 (of 98)

Rank in course/Men: 5 (of 82)

Best time in course: 39:49

Rank in category: 1(of 8)

Best time in the category: 43:49