



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Ernst, Marcel

Club: Friedrichroda  
Number: 218

Course: 5.50 km  
Kurzdistanz

Category:  
Männer (20-29 Jahre)

Total time: 23:07

Speed: 12.98 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 11 (of 100)

Rank in course/Men: 6 (of 74)

Best time in course: 20:25

Rank in category: 2(of 6)

Best time in the category: 22:53