



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

**Kölsch, Wolfgang**

Club: Ostwest Express e.V.  
Number: 325

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 46:58

Speed: 14.44 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 25 (of 98)

Rank in course/Men: 13 (of 82)

Best time in course: 39:49

Rank in category: 2(of 16)

Best time in the category: 45:17