



Winterlaufserie 2015 / 3.Lauf
Creuzburg / 29.03.2015

Detailed evaluation

Jakob, Thomas

Club: Lutter
Number: 355

Course: 11.30 km
Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:24

Speed: 12.84 km/h
Running performance: 4:33 min/km

Rank in course/Total: 39 (of 98)

Rank in course/Men: 19 (of 82)

Best time in course: 39:49

Rank in category: 5(of 18)

Best time in the category: 45:02