



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

**Wölfel, Roland**

Club: Stedtfelder Rennsteigfreunde 1979  
Number: 339

Course: 11.30 km  
Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:56

Speed: 11.91 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 65 (of 98)

Rank in course/Men: 29 (of 82)

Best time in course: 39:49

Rank in category: 2(of 4)

Best time in the category: 45:43