



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

Freitag, Roman

Club: Eisenacher LV  
Number: 213

Course: 5.50 km  
Kurzdistanz

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 23:42

Speed: 12.66 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 17 (of 100)

Rank in course/Men: 9 (of 74)

Best time in course: 20:25

Rank in category: 1(of 8)

Best time in the category: 23:42