



5. Creuzburger Stadtlauf  
Creuzburg / 25.06.2016

Detailed evaluation

**Werner, Frank**

Club: SG Urbich 1984 e.V.  
Number: 346

Course: 13.70 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:13:51

Speed: 10.56 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 55 (of 110)

Rank in course/Men: 46 (of 81)

Best time in course: 52:44

Rank in category: 7(of 10)

Best time in the category: 1:00:42