



5. Creuzburger Stadtlauf  
Creuzburg / 25.06.2016

Detailed evaluation

Rödiger, Andreas

Club: Creuzburg  
Number: 743

Course: 5.00 km  
Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:52

Speed: 11.60 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 18 (of 35)

Rank in course/Men: 14 (of 21)

Best time in course: 19:10

Rank in category: 3(of 3)

Best time in the category: 24:03