



5. Creuzburger Stadtlauf
Creuzburg / 25.06.2016

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 546

Course: 13.70 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:37

Speed: 14.28 km/h

Running performance: 3:59 min/km

Rank in course/Total: 3 (of 110)

Rank in course/Men: 3 (of 81)

Best time in course: 52:44

Rank in category: 1(of 8)

Best time in the category: 54:37