



1. Crosslauf Frauensee

Frauensee / 10.07.2016

Detailed evaluation

Nehrdich, Marcus

Club: Triathletenschmiede Werratal

Number: 25

Course: 8.21 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 35:18

Speed: 13.60 km/h

Running performance: 4:18 min/km

Rank in course/Total: 4 (of 35)

Rank in course/Men: 4 (of 25)

Best time in course: 33:02

Rank in category: 2(of 5)

Best time in the category: 34:51