



6. Lindenblütencross  
Walschleben / 26.06.2016

Detailed evaluation

Nowak, Jens

Club: WalschbergRunners  
Number: 36

Course: 11.20 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:43

Speed: 11.85 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 25 (of 73)

Rank in course/Men: 24 (of 55)

Best time in course: 38:18

Rank in category: 5(of 7)

Best time in the category: 46:28