



Stützerbacher Frühlingslauf
Stützerbach / 07.05.2016

Detailed evaluation

Spranger, Steffen

Number: 84

Course: 10.00 km

Lauf 10 km

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:44

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 9 (of 13)

Rank in course/Men: 7 (of 9)

Best time in course: 36:57

Rank in category: 2(of 2)

Best time in the category: 38:27