



1.Lauf - Winterlaufserie 2016 des Eisenacher LV
Creuzburg / 31.01.2016

Detailed evaluation

Gasterstedt, Ralf

Club: Unkeroda

Number: 281

Course: 5.50 km

Kurzdistanz

Category:

Senioren M50 (50-54 Jahre)

Total time: 28:47

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 25 (of 49)

Rank in course/Men: 22 (of 35)

Best time in course: 20:26

Rank in category: 3(of 3)

Best time in the category: 21:59