



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

Detailed evaluation

Held, Flavio

Club: ISA Runners

Number: 238

Course: 5.50 km

Kurzdistanz

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 40:46

Speed: 7.36 km/h

Running performance: 7:25 min/km

Rank in course/Total: 48 (of 49)

Rank in course/Men: 34 (of 35)

Best time in course: 20:26

Rank in category: 4(of 4)

Best time in the category: 24:37