



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

Detailed evaluation

Staufenbiel, Roman

Club: SV Diedorf 1921 e.V.

Number: 411

Course: 11.30 km

Langdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:02

Speed: 13.74 km/h

Running performance: 4:15 min/km

Rank in course/Total: 15 (of 69)

Rank in course/Men: 14 (of 52)

Best time in course: 35:32

Rank in category: 3(of 5)

Best time in the category: 41:05