



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

Detailed evaluation

Jakob, Thomas

Club: Lutter

Number: 413

Course: 11.30 km

Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:57

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 22 (of 69)

Rank in course/Men: 21 (of 52)

Best time in course: 35:32

Rank in category: 4(of 7)

Best time in the category: 46:48