



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

Detailed evaluation

Betram, Sascha

Club: Eisenacher LF 2015

Number: 408

Course: 11.30 km

Langdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 52:34

Speed: 12.56 km/h

Running performance: 4:39 min/km

Rank in course/Total: 32 (of 69)

Rank in course/Men: 29 (of 52)

Best time in course: 35:32

Rank in category: 5(of 8)

Best time in the category: 42:05