



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

Detailed evaluation

Lorenz, Frank

Club: Solerunners

Number: 421

Course: 11.30 km

Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:57

Speed: 11.59 km/h

Running performance: 5:02 min/km

Rank in course/Total: 45 (of 69)

Rank in course/Men: 39 (of 52)

Best time in course: 35:32

Rank in category: 6(of 7)

Best time in the category: 46:48