



3.Lauf - Winterlaufserie 2016 des Eisenacher LV  
Creuzburg / 20.03.2016

Detailed evaluation

**Bertram, Jens**

Club: Eisenacher Lauffreunde 2015  
Number: 366

Course: 5.50 km  
Kurzdistanz

Category:  
Senioren M35 (35-39 Jahre)

Total time: 30:29

Speed: 9.84 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 39 (of 51)

Rank in course/Men: 26 (of 32)

Best time in course: 19:37

Rank in category: 3(of 3)

Best time in the category: 19:37