



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

Detailed evaluation

Wenzel, Frank

Club: Eisenach

Number: 379

Course: 5.50 km

Kurzdistanz

Category:

Senioren M40 (40-44 Jahre)

Total time: 30:57

Speed: 9.69 km/h

Running performance: 5:38 min/km

Rank in course/Total: 44 (of 51)

Rank in course/Men: 28 (of 32)

Best time in course: 19:37

Rank in category: 4(of 4)

Best time in the category: 21:40