



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

Detailed evaluation

Malzahn, Kai

Club: Team Erdinger Alkoholfrei  
Number: 544

Course: 11.30 km  
Langdistanz

Category:  
Senioren M35 (35-39 Jahre)

Total time: 43:20

Speed: 15.23 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 4 (of 54)

Rank in course/Men: 4 (of 40)

Best time in course: 41:21

Rank in category: 1(of 6)

Best time in the category: 43:20