



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

Detailed evaluation

**Jakob, Thomas**

Club: Lutter  
Number: 560

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:30

Speed: 13.61 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 13 (of 54)

Rank in course/Men: 13 (of 40)

Best time in course: 41:21

Rank in category: 3(of 7)

Best time in the category: 46:43