



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

Detailed evaluation

**Bertram, Sascha**

Club: Eisenacher Lauffreunde 2015  
Number: 105

Course: 11.30 km  
Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 50:09

Speed: 13.16 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 15 (of 54)

Rank in course/Men: 15 (of 40)

Best time in course: 41:21

Rank in category: 2(of 2)

Best time in the category: 44:45