



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

Detailed evaluation

**Ifland, Albert**

Club: Küllstedt  
Number: 519

Course: 11.30 km  
Langdistanz

Category:  
männliche Jugend U20 (18-19 Jahre)

Total time: 54:48

Speed: 12.04 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 31 (of 54)

Rank in course/Men: 30 (of 40)

Best time in course: 41:21

Rank in category: 2(of 2)

Best time in the category: 42:37