



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

Detailed evaluation

Frenz, Sascha

Club: Sole Runners
Number: 374

Course: 5.50 km
Kurzdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 25:40

Speed: 11.69 km/h
Running performance: 4:40 min/km

Rank in course/Total: 9 (of 51)

Rank in course/Men: 8 (of 32)

Best time in course: 19:37

Rank in category: 2(of 3)

Best time in the category: 19:37