



Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

Detailed evaluation

Messerer, Christian

Club: SWE Laufteam

Number: 1995

Course: 8.00 km

8km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 35:57

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 9 (of 65)

Rank in course/Men: 9 (of 44)

Best time in course: 27:30

Rank in category: 3(of 7)

Best time in the category: 35:18