



Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

Detailed evaluation

Exner, Andreas

Club: Sportgruppe Ringelberg

Number: 212

Course: 8.00 km

8km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 42:59

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 25 (of 65)

Rank in course/Men: 22 (of 44)

Best time in course: 27:30

Rank in category: 4(of 7)

Best time in the category: 36:42