



Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

Detailed evaluation

HEIROTH, Rene

Club: Dirty Runners

Number: 217

Course: 8.00 km

8km Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:27

Speed: 11.05 km/h

Running performance: 5:26 min/km

Rank in course/Total: 26 (of 65)

Rank in course/Men: 23 (of 44)

Best time in course: 27:30

Rank in category: 6(of 7)

Best time in the category: 35:18