



# Frühjahrs-cross im Steigerwald

Erfurt / 25.03.2017

## Detailed evaluation

**KRÜGER, Lars**

Club: LAV Saale-Rennsteig

Number: 1866

Course: 8.00 km

8km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:41

Speed: 8.62 km/h

Running performance: 6:58 min/km

Rank in course/Total: 52 (of 65)

Rank in course/Men: 41 (of 44)

Best time in course: 27:30

Rank in category: 7(of 7)

Best time in the category: 36:42