



7. Lindenblütencross  
Walschleben / 25.06.2017

Detailed evaluation

Nowak, Jens

Club: WalschbergRunners  
Number: 235

Course: 11.20 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:53

Speed: 9.72 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 56 (of 82)

Rank in course/Men: 48 (of 65)

Best time in course: 40:10

Rank in category: 7(of 7)

Best time in the category: 56:34