



7. Lindenblütencross  
Walschleben / 25.06.2017

Detailed evaluation

Koch, Steffen

Number: 144

Course: 5.60 km  
Jedermannslauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 23:38

Speed: 12.69 km/h

Running performance: 4:13 min/km

Rank in course/Total: 5 (of 53)

Rank in course/Men: 5 (of 32)

Best time in course: 21:01

Rank in category: 1(of 3)

Best time in the category: 23:38