



1.Lauf - Winterlaufserie 2017 des Eisenacher LV  
Creuzburg / 29.01.2017

Detailed evaluation

Lorenz, Frank

Club: Sole Runners  
Number: 611

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:10

Speed: 11.66 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 56 (of 81)

Rank in course/Men: 46 (of 60)

Best time in course: 37:19

Rank in category: 14(of 16)

Best time in the category: 43:14