



3.Lauf - Winterlaufserie 2017 des Eisenacher LV
Creuzburg / 26.03.2017

Detailed evaluation

Bertram, Jens

Club: Stedtfelder Rennsteigfreunde
Number: 13

Course: 5.50 km
Kurzdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 28:41

Speed: 10.46 km/h
Running performance: 5:13 min/km

Rank in course/Total: 22 (of 41)

Rank in course/Men: 17 (of 26)

Best time in course: 20:22

Rank in category: 3(of 5)

Best time in the category: 20:54