



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

Detailed evaluation

**Volk, Tino**

Club: Triathlon Friedrichroda  
Number: 776

Course: 11.30 km  
Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 47:28

Speed: 13.90 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 15 (of 71)

Rank in course/Men: 15 (of 59)

Best time in course: 36:56

Rank in category: 1(of 6)

Best time in the category: 47:28