



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

Detailed evaluation

**Nowak, Stanislaw**

Club: Sole Runners Bad Salzungen  
Number: 741

Course: 11.30 km  
Langdistanz

Category:  
Männer (20-29 Jahre)

Total time: 49:00

Speed: 13.47 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 24 (of 71)

Rank in course/Men: 23 (of 59)

Best time in course: 36:56

Rank in category: 5(of 6)

Best time in the category: 40:23