



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

Detailed evaluation

Lorenz, Frank

Club: Sole Runners Bad Salzungen  
Number: 743

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:04

Speed: 11.99 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 40 (of 71)

Rank in course/Men: 36 (of 59)

Best time in course: 36:56

Rank in category: 6(of 11)

Best time in the category: 44:09