



Frühjahrs-cross im Steigerwald  
Erfurt / 17.03.2018

Detailed evaluation

AMEERI, Farhad

Club: Erfurt  
Number: 1352

Course: 8.00 km  
8km Lauf

Category:  
Männer (20-29 Jahre)

Total time: 40:17

Speed: 11.92 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 6 (of 25)

Rank in course/Men: 6 (of 20)

Best time in course: 36:10

Rank in category: 1(of 1)

Best time in the category: 40:17