



Frühjahrs-cross im Steigerwald
Erfurt / 17.03.2018

Detailed evaluation

Karjakin, Alexander

Club: Erfurt
Number: 1472

Course: 8.00 km
8km Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 45:10

Speed: 10.63 km/h
Running performance: 5:39 min/km

Rank in course/Total: 13 (of 25)

Rank in course/Men: 12 (of 20)

Best time in course: 36:10

Rank in category: 1(of 2)

Best time in the category: 45:10