



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Heller, Detlev

Club: Schweina
Number: 586

Course: 5.50 km
1. Lauf Kurzdistanz

Category:
Senioren M50 (50-54 Jahre)

Total time: 30:42

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 14 (of 28)

Rank in course/Men: 12 (of 21)

Best time in course: 22:44

Rank in category: 2(of 2)

Best time in the category: 27:31