



Winterlaufserie des ELV 2013  
Creuzburg / 27.01.2013

Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmachen  
Number: 486

Course: 5.50 km  
1. Lauf Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 23:50

Speed: 12.59 km/h  
Running performance: 4:20 min/km

Rank in course/Total: 2 (of 28)

Rank in course/Men: 2 (of 21)

Best time in course: 22:44

Rank in category: 1(of 1)

Best time in the category: 23:50