



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Rödel, Jörg

Club: SV Mihla
Number: 604

Course: 5.50 km
1. Lauf Kurzdistanz

Category:
Senioren M65 (65-69 Jahre)

Total time: 33:04

Speed: 9.07 km/h
Running performance: 6:01 min/km

Rank in course/Total: 20 (of 28)

Rank in course/Men: 17 (of 21)

Best time in course: 22:44

Rank in category: 4(of 4)

Best time in the category: 31:14