



Winterlaufserie des ELV 2013  
Creuzburg / 27.01.2013

Detailed evaluation

Hörning, Lothar

Club: Team Roter Oktober  
Number: 608

Course: 11.30 km  
1. Lauf Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 43:52

Speed: 15.05 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 3 (of 67)

Rank in course/Men: 2 (of 49)

Best time in course: 42:51

Rank in category: 2(of 10)

Best time in the category: 42:51