



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Pflüger, Nico

Club: Team Q
Number: 552

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:20

Speed: 14.56 km/h
Running performance: 4:01 min/km

Rank in course/Total: 8 (of 67)

Rank in course/Men: 8 (of 49)

Best time in course: 42:51

Rank in category: 3(of 8)

Best time in the category: 43:52