



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Unruh, Manuel

Club: TV 03 Breitenbach
Number: 551

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 45:46

Speed: 14.42 km/h
Running performance: 4:03 min/km

Rank in course/Total: 12 (of 67)

Rank in course/Men: 12 (of 49)

Best time in course: 42:51

Rank in category: 3(of 9)

Best time in the category: 44:49