



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Rolf, Lars

Club: Mühlhausen
Number: 574

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 46:41

Speed: 14.52 km/h
Running performance: 4:08 min/km

Rank in course/Total: 14 (of 67)

Rank in course/Men: 14 (of 49)

Best time in course: 42:51

Rank in category: 5(of 8)

Best time in the category: 43:52