



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Lämmerhirt, Dennis

Club: Waspo 08 Göttingen Triathlon
Number: 547

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 47:46

Speed: 13.82 km/h
Running performance: 4:14 min/km

Rank in course/Total: 17 (of 67)

Rank in course/Men: 17 (of 49)

Best time in course: 42:51

Rank in category: 3(of 4)

Best time in the category: 45:23