



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen
Number: 578

Course: 11.30 km
1. Lauf Langdistanz

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 53:06

Speed: 12.43 km/h
Running performance: 4:42 min/km

Rank in course/Total: 30 (of 67)
Rank in course/Women: 5 (of 18)
Best time in course: 49:08

Rank in category: 1(of 4)
Best time in the category: 53:06