



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