



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Heinzeroth, Jörg

Club: Gerstungen
Number: 601

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 53:28

Speed: 12.34 km/h
Running performance: 4:44 min/km

Rank in course/Total: 31 (of 67)

Rank in course/Men: 26 (of 49)

Best time in course: 42:51

Rank in category: 5(of 10)

Best time in the category: 42:51