



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Senf, Michael

Club: SV Blau Weiß Creuzburg
Number: 579

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 53:40

Speed: 12.30 km/h
Running performance: 4:45 min/km

Rank in course/Total: 33 (of 67)

Rank in course/Men: 28 (of 49)

Best time in course: 42:51

Rank in category: 7(of 8)

Best time in the category: 43:52