



Winterlaufserie des ELV 2013
Creuzburg / 27.01.2013

Detailed evaluation

Weißhaar, Dirk

Club: SV Blau Weiß 90 Creuzburg
Number: 590

Course: 11.30 km
1. Lauf Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 54:01

Speed: 12.22 km/h
Running performance: 4:47 min/km

Rank in course/Total: 34 (of 67)

Rank in course/Men: 29 (of 49)

Best time in course: 42:51

Rank in category: 5(of 9)

Best time in the category: 44:49