



Winterlaufserie des ELV 2013  
Creuzburg / 27.01.2013

Detailed evaluation

Grosch, Hartmut

Club: Team Nutrilite  
Number: 568

Course: 11.30 km  
1. Lauf Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 56:51

Speed: 11.93 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 44 (of 67)

Rank in course/Men: 36 (of 49)

Best time in course: 42:51

Rank in category: 3(of 3)

Best time in the category: 48:35