



Winterlaufserie des ELV 2013

Creuzburg / 27.01.2013

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiß 90 Creuzburg

Number: 596

Course: 11.30 km

1. Lauf Langdistanz

Category:

Senioren M65 (65-69 Jahre)

Total time: 59:58

Speed: 11.01 km/h

Running performance: 5:19 min/km

Rank in course/Total: 47 (of 67)

Rank in course/Men: 37 (of 49)

Best time in course: 42:51

Rank in category: 2(of 4)

Best time in the category: 50:45