



Winterlaufserie des ELV 2013  
Creuzburg / 27.01.2013

Detailed evaluation

Matthes, Jan

Club: Laufftreff Breitungen  
Number: 560

Course: 11.30 km  
1. Lauf Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:03:08

Speed: 10.45 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 54 (of 67)

Rank in course/Men: 43 (of 49)

Best time in course: 42:51

Rank in category: 3(of 4)

Best time in the category: 55:42