



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein  
Number: 713

Course: 5.50 km  
2. Lauf Kurzdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 29:01

Speed: 10.34 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 14 (of 33)

Rank in course/Men: 12 (of 24)

Best time in course: 22:09

Rank in category: 2(of 2)

Best time in the category: 26:08