



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmachen  
Number: 641

Course: 5.50 km  
2. Lauf Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 22:52

Speed: 13.12 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 2 (of 33)

Rank in course/Men: 2 (of 24)

Best time in course: 22:09

Rank in category: 1(of 1)

Best time in the category: 22:52