



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Pflüger, Nico

Club: Team Q  
Number: 667

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M35 (35-39 Jahre)

Total time: 42:48

Speed: 15.42 km/h  
Running performance: 3:47 min/km

Rank in course/Total: 4 (of 80)

Rank in course/Men: 4 (of 64)

Best time in course: 41:21

Rank in category: 1(of 10)

Best time in the category: 42:48