



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Hörning, Lothar

Club: Team Roter Oktober
Number: 745

Course: 11.30 km
2. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:42

Speed: 15.51 km/h
Running performance: 3:52 min/km

Rank in course/Total: 5 (of 80)

Rank in course/Men: 5 (of 64)

Best time in course: 41:21

Rank in category: 1(of 12)

Best time in the category: 43:42