



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Rolf, Lars

Club: Mühlhausen
Number: 697

Course: 11.30 km
2. Lauf Langdistanz

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:14

Speed: 14.59 km/h
Running performance: 4:00 min/km

Rank in course/Total: 11 (of 80)

Rank in course/Men: 11 (of 64)

Best time in course: 41:21

Rank in category: 3(of 10)

Best time in the category: 42:48