



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Unruh, Manuel

Club: TV 03 Breitenbach  
Number: 666

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 45:46

Speed: 14.42 km/h  
Running performance: 4:03 min/km

Rank in course/Total: 13 (of 80)

Rank in course/Men: 13 (of 64)

Best time in course: 41:21

Rank in category: 2(of 12)

Best time in the category: 45:10