



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Mierke, Stephan

Club: WSV Beverungen
Number: 648

Course: 11.30 km
2. Lauf Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 46:32

Speed: 14.18 km/h
Running performance: 4:07 min/km

Rank in course/Total: 16 (of 80)

Rank in course/Men: 15 (of 64)

Best time in course: 41:21

Rank in category: 3(of 12)

Best time in the category: 45:10