



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Jacob, Sören

Club: TV obersuhl  
Number: 731

Course: 5.50 km  
2. Lauf Kurzdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:22

Speed: 11.83 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 5 (of 33)

Rank in course/Men: 5 (of 24)

Best time in course: 22:09

Rank in category: 1(of 2)

Best time in the category: 25:22