



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Hesse, Uwe

Club: Hainichläufer  
Number: 565

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 48:10

Speed: 13.70 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 21 (of 80)

Rank in course/Men: 21 (of 64)

Best time in course: 41:21

Rank in category: 1(of 4)

Best time in the category: 48:10