



Winterlaufserie des ELV 2013
Creuzburg / 24.02.2013

Detailed evaluation

Heering, Alexander

Club: Eisenach
Number: 735

Course: 11.30 km
2. Lauf Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:50

Speed: 12.98 km/h
Running performance: 4:30 min/km

Rank in course/Total: 30 (of 80)

Rank in course/Men: 29 (of 64)

Best time in course: 41:21

Rank in category: 3(of 5)

Best time in the category: 45:02