



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiß 90 Creuzburg  
Number: 93

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M65 (65-69 Jahre)

Total time: 59:36

Speed: 11.07 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 56 (of 80)

Rank in course/Men: 49 (of 64)

Best time in course: 41:21

Rank in category: 2(of 3)

Best time in the category: 50:29