



Winterlaufserie des ELV 2013  
Creuzburg / 24.02.2013

Detailed evaluation

Hering, Maik

Club: Eisenach  
Number: 734

Course: 11.30 km  
2. Lauf Langdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:01:07

Speed: 11.09 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 63 (of 80)

Rank in course/Men: 53 (of 64)

Best time in course: 41:21

Rank in category: 5(of 5)

Best time in the category: 45:02