



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Heller, Detlev

Club: Bad Liebenstein  
Number: 793

Course: 5.50 km  
3. Lauf Kurzdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 27:56

Speed: 10.74 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 17 (of 33)

Rank in course/Men: 16 (of 27)

Best time in course: 21:27

Rank in category: 2(of 2)

Best time in the category: 25:00