



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Rödel, Jörg

Club: SV Mihla  
Number: 817

Course: 5.50 km  
3. Lauf Kurzdistanz

Category:  
Senioren M65 (65-69 Jahre)

Total time: 32:13

Speed: 9.31 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 28 (of 33)

Rank in course/Men: 25 (of 27)

Best time in course: 21:27

Rank in category: 3(of 3)

Best time in the category: 30:47