



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

**Bechmann, Rico**

Club: Thüringer Laufmachen  
Number: 758

Course: 5.50 km  
3. Lauf Kurzdistanz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 22:12

Speed: 13.51 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 3 (of 33)

Rank in course/Men: 3 (of 27)

Best time in course: 21:27

Rank in category: 1(of 3)

Best time in the category: 22:12