



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Helbig, H.-Peter

Club: Stedtfelder Rennsteigfreunde  
Number: 819

Course: 5.50 km  
3. Lauf Kurzdistanz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 36:39

Speed: 8.19 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 32 (of 33)

Rank in course/Men: 26 (of 27)

Best time in course: 21:27

Rank in category: 2(of 3)

Best time in the category: 31:03