



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

**Pflüger, Nico**

Club: Team Q

Number: 768

Course: 11.30 km

3. Lauf Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:21

Speed: 15.22 km/h

Running performance: 3:50 min/km

Rank in course/Total: 5 (of 57)

Rank in course/Men: 5 (of 43)

Best time in course: 36:59

Rank in category: 2(of 10)

Best time in the category: 41:37