



## Winterlaufserie des ELV 2013

Creuzburg / 24.03.2013

### Detailed evaluation

**Rippel, Markus**

Club: SV Nomania Treffurt

Number: 818

Course: 11.30 km

3. Lauf Langdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 44:07

Speed: 14.96 km/h

Running performance: 3:54 min/km

Rank in course/Total: 6 (of 57)

Rank in course/Men: 6 (of 43)

Best time in course: 36:59

Rank in category: 2(of 4)

Best time in the category: 39:33