



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Ritzmann, Jan

Club: Pummpälz

Number: 670

Course: 5.50 km

3. Lauf Kurzdistanz

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:04

Speed: 13.01 km/h

Running performance: 4:11 min/km

Rank in course/Total: 4 (of 33)

Rank in course/Men: 4 (of 27)

Best time in course: 21:27

Rank in category: 2(of 3)

Best time in the category: 22:12