



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Unruh, Manuel

Club: TV 03 Breitenbach  
Number: 767

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 44:44

Speed: 14.75 km/h  
Running performance: 3:58 min/km

Rank in course/Total: 8 (of 57)

Rank in course/Men: 8 (of 43)

Best time in course: 36:59

Rank in category: 1(of 6)

Best time in the category: 44:44