



## Winterlaufserie des ELV 2013

Creuzburg / 24.03.2013

### Detailed evaluation

#### Steinwachs, Bert

Club: SV Normania Treffurt

Number: 826

Course: 11.30 km

3. Lauf Langdistanz

Category:

Senioren M35 (35-39 Jahre)

Total time: 47:36

Speed: 13.87 km/h

Running performance: 4:13 min/km

Rank in course/Total: 16 (of 57)

Rank in course/Men: 16 (of 43)

Best time in course: 36:59

Rank in category: 5(of 10)

Best time in the category: 41:37