



Winterlaufserie des ELV 2013
Creuzburg / 24.03.2013

Detailed evaluation

Rosenbaum, Ralf

Club: Sättelstädt
Number: 814

Course: 11.30 km
3. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:39

Speed: 13.85 km/h
Running performance: 4:13 min/km

Rank in course/Total: 17 (of 57)

Rank in course/Men: 17 (of 43)

Best time in course: 36:59

Rank in category: 3(of 8)

Best time in the category: 41:39