



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse  
Number: 781

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 47:46

Speed: 13.82 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 18 (of 57)

Rank in course/Men: 18 (of 43)

Best time in course: 36:59

Rank in category: 1(of 3)

Best time in the category: 47:46