



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Hantzsch, Helmut

Club: The Rennsteig Runners  
Number: 787

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M65 (65-69 Jahre)

Total time: 48:26

Speed: 13.63 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 21 (of 57)

Rank in course/Men: 20 (of 43)

Best time in course: 36:59

Rank in category: 1(of 3)

Best time in the category: 48:26