



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Frank, Jörg

Club: SV Motor Tambach-Dietharz  
Number: 797

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:10

Speed: 12.41 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 32 (of 57)

Rank in course/Men: 28 (of 43)

Best time in course: 36:59

Rank in category: 4(of 6)

Best time in the category: 44:44