



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Grosch, Hartmut

Club: Team Nutrilite  
Number: 662

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 53:53

Speed: 12.25 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 33 (of 57)

Rank in course/Men: 29 (of 43)

Best time in course: 36:59

Rank in category: 2(of 3)

Best time in the category: 47:46