



Winterlaufserie des ELV 2013
Creuzburg / 24.03.2013

Detailed evaluation

Weißhaar, Dirk

Club: SV Blau Weiß 90 Creuzburg
Number: 671

Course: 11.30 km
3. Lauf Langdistanz

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:59

Speed: 12.23 km/h
Running performance: 4:47 min/km

Rank in course/Total: 34 (of 57)

Rank in course/Men: 30 (of 43)

Best time in course: 36:59

Rank in category: 5(of 6)

Best time in the category: 44:44