



Winterlaufserie des ELV 2013
Creuzburg / 24.03.2013

Detailed evaluation

Patzenhauer, Holger

Club: SV Blau Weiß 90 Creuzburg
Number: 663

Course: 11.30 km
3. Lauf Langdistanz

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:41

Speed: 11.85 km/h
Running performance: 4:56 min/km

Rank in course/Total: 40 (of 57)

Rank in course/Men: 34 (of 43)

Best time in course: 36:59

Rank in category: 6(of 8)

Best time in the category: 41:39