



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

Matthes, Jan

Club: Lauffreud Breitungun  
Number: 774

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:01:24

Speed: 10.75 km/h  
Running performance: 5:26 min/km

Rank in course/Total: 47 (of 57)

Rank in course/Men: 38 (of 43)

Best time in course: 36:59

Rank in category: 2(of 2)

Best time in the category: 55:37