



Winterlaufserie des ELV 2013

Creuzburg / 24.03.2013

Detailed evaluation

Rikirsch, Roland

Club: SV Blau Weiß 90 Creuzburg

Number: 794

Course: 11.30 km

3. Lauf Langdistanz

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:01:32

Speed: 10.73 km/h

Running performance: 5:27 min/km

Rank in course/Total: 48 (of 57)

Rank in course/Men: 39 (of 43)

Best time in course: 36:59

Rank in category: 3(of 3)

Best time in the category: 48:26