



Winterlaufserie des ELV 2013

Creuzburg / 24.03.2013

Detailed evaluation

Grebe, Martin

Club: Laufftreff Altensteiner Park

Number: 764

Course: 11.30 km

3. Lauf Langdistanz

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:51

Speed: 10.67 km/h

Running performance: 5:28 min/km

Rank in course/Total: 49 (of 57)

Rank in course/Men: 40 (of 43)

Best time in course: 36:59

Rank in category: 7(of 8)

Best time in the category: 41:39