



Winterlaufserie des ELV 2013  
Creuzburg / 24.03.2013

Detailed evaluation

**Bechstein, Michael**

Club: TABBS Vital  
Number: 766

Course: 11.30 km  
3. Lauf Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:24

Speed: 10.37 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 52 (of 57)

Rank in course/Men: 42 (of 43)

Best time in course: 36:59

Rank in category: 8(of 8)

Best time in the category: 41:39