



4. Winterlaufserie 2014, Lauf 3  
Creuzburg / 30.03.2014

Detailed evaluation

**Pelzel, Mario**

Club: VfL 28 Ellrich  
Number: 122

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 44:59

Speed: 14.67 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 10 (of 62)

Rank in course/Men: 10 (of 54)

Best time in course: 40:41

Rank in category: 1 (of 8)

Best time in the category: 44:59