



15. Hainich-Lauf  
Mihla / 16.08.2009

## Detailed evaluation

**Heintze, Kai**

Club: Hainichläufer  
Number: 386

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:42:15

Speed: 12.32 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 21 (of 87)

Rank in course/Men: 21 (of 76)

Best time in course: 1:18:30

Rank in category: 5(of 12)

Best time in the category: 1:23:15