



Pollmeierlauf Creuzburg  
Creuzburg / 24.04.2010

## Detailed evaluation

**Heintze, Kai**

Club: Hainichläufer Mühlhausen  
Number: 77

Course: 14.14 km  
14 km-Lauf

Category:  
Männer M40

Total time: 1:04:47

Speed: 12.97 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 17 (of 73)

Rank in course/Men: 17 (of 59)

Best time in course: 53:22

Rank in category: 8(of 17)

Best time in the category: 53:22