



Winterlaufserie 2012, 1. Lauf  
Creuzburg / 29.01.2012

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen  
Number: 295

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 48:09

Speed: 13.71 km/h  
Running performance: 4:16 min/km

Rank in course/Total: 21 (of 81)

Rank in course/Men: 21 (of 68)

Best time in course: 37:22

Rank in category: 5(of 12)

Best time in the category: 44:18