



Winterlaufserie 2012, 2. Lauf  
Creuzburg / 26.02.2012

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen  
Number: 415

Course: 11.30 km  
Langdistanz

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:49

Speed: 13.80 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 23 (of 102)

Rank in course/Men: 23 (of 79)

Best time in course: 37:05

Rank in category: 5(of 16)

Best time in the category: 44:48