



18. Hainich-Lauf  
Mihla / 01.05.2012

## Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen  
Number: 253

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:49

Speed: 13.26 km/h  
Running performance: 4:31 min/km

Rank in course/Total: 16 (of 102)

Rank in course/Men: 16 (of 82)

Best time in course: 45:06

Rank in category: 5(of 19)

Best time in the category: 53:02