



Creuzburger Stadtlauf  
Creuzburg / 01.07.2012

Detailed evaluation

Heintze, Kai

Club: Hainichläufer Mühlhausen  
Number: 63

Course: 13.50 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:28

Speed: 12.10 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 23 (of 94)

Rank in course/Men: 23 (of 74)

Best time in course: 48:38

Rank in category: 5(of 14)

Best time in the category: 58:21